

Do-It-Yourself Ideas to Cook to Stop Diabetes

During American Diabetes Month, the American Diabetes Association is celebrating *America Gets CookingSM to Stop Diabetes[®]*, an initiative designed to inspire people to live a more active and healthier lifestyle, and empower people to cook nutritious and delicious food and be more active. We'll do this by sharing relevant information such as healthy cooking tips, diabetes and nutrition facts, recipe ideas and more.

Anyone can incorporate healthy cooking into fun activities that you can share with your friends and family. And while you are at it, why not use this as an opportunity to help support the fight to Stop Diabetes[®]? Host a *Cook to Stop Diabetes* event, featuring healthy treats and activities, where guests can make a contribution and all proceeds would go to your local American Diabetes Association office.

Here are some great ideas of ways that you can host a fun-filled *Cook to Stop Diabetes* event in your community:

- **Backyard BBQ and games:** When the weather's nice, nothing beats a backyard BBQ with some grilled favorites, such as [Spicy Barbecue Chicken](#), and a bunch of tasty [sides](#). Keep guests entertained with fun outdoor activities like horseshoes, baseball, pick-up games of basketball and even bocce!
- **Neighborhood chili cook-off:** As the weather cools down, how about hosting a little friendly competition among neighbors? Challenge your community to a chili cook-off where everyone pays a small fee to showcase their favorite healthy [chili recipe](#) in hopes of being crowned the winner.
- **Healthy baked goods party:** Gather together your friends and invite them over for a bake and swap party. Ask everyone to bring their favorite healthy [cookie](#) or [baked good recipe](#) that everyone can bake together and then swap. Alternatively, you could host a bake sale as a way of raising money to Stop Diabetes.
- **Pancake breakfast:** Host a breakfast to show everyone just how delicious [buckwheat pancakes](#) can be! Throw in some healthy sides like fresh fruit and help everyone start their day in a healthy way.
- **Appetizer and games:** Break out the Monopoly, Scrabble and Pictionary! Also, a good game of Charades is always a great way to get the crowd going. Set up your favorite board games and even a Wii for the kids, and invite everyone over for [healthy snacks](#) and friendly competition. Don't forget a small prize for winners!

- **Culture night:** Whether it's a [Mexican](#) fiesta, [Italian](#) night or an Oktoberfest, everyone loves a theme party! Gather together a guest list and tasty recipes, and don't forget some fun decorations to go along with the theme.
- **Sunday soup party:** Tomato, chicken noodle, vegetable...everyone has their favorite [soup](#) that warms them up when the weather gets cold. Ask guests to join you on a Sunday afternoon to sample some of your favorite soups, made healthy.
- **Karaoke night:** Start singing to Stop Diabetes! Invite guests over and challenge them to sing their favorite songs while everyone enjoys an assortment of [healthy snacks](#) to munch on.
- **Neighborhood yard sale:** Gather up your neighbors and old belongings and host a yard sale! All proceeds can help Stop Diabetes. Neighbors can bring their favorite dishes, such as crowd-pleasing [casseroles](#), and make it a potluck sale, and don't forget the [lemonade](#) stand!
- **Car wash:** Organize a car wash to Stop Diabetes! Anyone who donates can receive a free and healthy [treat](#) while driving away with a clean set of wheels.
- **Silent auction:** Hosting a silent auction is a great way to raise money for the cause. Provide a lunch or dinner [buffet](#) of healthy, delicious foods for guests to enjoy after they finish their bidding!

Need the perfect invite for your party? At the end of this guide, we have included our invitation template where you can just fill in all the important details and send out to your friends and family!

Learn more about how you can [create your own personal fundraising page](#). In addition to all these great ideas, don't forget that you can also join with the Association through our key fundraising events [Step Out®: Walk to Stop Diabetes®](#) and [Tour de Cure®](#), which bring us closer each day to stopping diabetes.

America Gets Cooking to Stop Diabetes is presented by Sun Life Financial.

America Gets CookingSM **TO STOP DIABETES[®]** *and you're invited!*



*Join in the fun and help **STOP DIABETES!***



**STOP
DIABETES.**

 American Diabetes Association.

**AMERICAN DIABETES MONTH[®]
NOVEMBER 2014**