

THE POWER OF ONE

ONE final week, and ONE final push, to make a HUGE impact in the fight against breast cancer. **Together, let's see what a difference ONE week can make.**

ONE Mission Monday

STEP 1:

Complete the virtual ONE Mission Journey found online to further educate yourself about breast cancer, Komen's impact and resources, and how you can make an impact.

STEP 2:

Share ONE new thing you learned on social and encourage people to donate to your campaign in your caption so people can see exactly where their dollars are going (create your own or use one of our pre-made graphics).

My ONE Tuesday

STEP 1:

Share your reason for walking by taking to social to share a photo & story of why you walk!

Don't forget to use **#powerofONEweek** when posting!

STEP 2:

Encourage people to donate to your campaign in your post, asking your network to support you and your reason for walking!

ONE Community Wednesday

STEP 1:

Wednesday is all about community! **Choose one of our suggested gathering ideas and get together with your team, friends, or family.** Share your story / why you walk, & encourage your guests to sign up!

STEP 2:

Just as you'd bring wine to a dinner party, have everyone **donate \$20 "at the door"** as their group gathering contribution.

**GREAT
FOR TEAMS!**

Celebrate ONE Thursday

STEP 1:

Have a Power of One Week party, a celebration aimed at celebrating your supporters and loved ones. Invite your friends and have a blast, however and wherever that may be for you!

STEP 2:

Hand out your t-shirts! Figure out your Walk Day plan. Do a final fundraising push. Invite your friends to celebrate as ONE for the cause!

**GREAT
FOR TEAMS!**

ONE Friday Funday

STEP 1:

Put on your most pinked out look, and take a selfie to share on social. Let's see your tutus, boas, vintage race or walk Ts, handmade accessories — we want it all!

STEP 2:

Create a "Dare Me To Wear" fundraising challenge by posting your WILD pinked out look & telling your followers that you'll wear it while you walk if you reach your fundraising goal by the end of the day!

**GREAT
FOR TEAMS!**

THE POWER OF ONE

Spell out KOMEN by engaging every day throughout the Power of One week

K	O	M	E	N
ONE Mission Monday	Tell a donor how Komen makes an impact	 COMMUNITY	Track your steps	
Download the app	My ONE Tuesday	Reach out for a new donation!		 ACTION
	Up your fundraising goal!	ONE Community Wednesday	Post a photo in your Facebook Group	
 CARE	Snap a selfie!	Recruit ONE friend to join your team	Celebrate ONE Thursday	Celebrate!
Remember Your Why		Train with your team!	 RESEARCH	ONE Friday Friday

#powerofONEweek

CONVERSATION CARDS

Hosting a **ONE Community Wednesday** get together? Use these cards to get people talking, sharing, & learning more about each other & what it means to be a part of this ONE community! We have cards for EVERYONE — for helping you talk about **IMPACT** to participants & non-participants alike, for sharing stories with your fellow **ONE COMMUNITY** members, and even for some quality **TEAM** bonding. Feel free to come up with your own as well!

#powerof**ONE**week

ONE COMMUNITY

Why do you walk?

TEAMS

Which team member can answer this question first: How many years has Komen hosted the race/walk?

TEAMS

What's ONE thing your team might not know about you?

ONE COMMUNITY

What's your favorite part of the Susan G. Komen ONE Community?

IMPACT

Do you know what Komen's mission is?

TEAMS

Have every team member share one new Mission fact they learned through the digital Mission Experience!

ONE COMMUNITY

Have everyone in the room share their favorite Race / Walk memory. What is your favorite pink accessory and why?

IMPACT

Do you know how much money Komen has invested in breast cancer research?

IMPACT

Share the Susan G Komen founding story. If you aren't familiar with it, look it up and learn how Komen got started!

TEAMS

Guess which team member has been participating in Race / Walk the longest!

One Pot Creamy Penne Alfredo with Spicy Arugula

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 3 tbsp. salted butter
- 3 cloves garlic, finely chopped/grated
- 2 tsp. dried oregano
- 2 tsp. dried basil
- 1 tsp. onion powder
- red pepper flakes
- 1 pound penne pasta
- kosher salt & black pepper
- 1 cup whole milk
- 1/2 cup heavy cream
- 2 oz. cream cheese, at room temp
- 1 1/2 cups grated Parmesan cheese
- 3 tbsp. chopped fresh parsley
- 1 tbsp. extra virgin olive oil
- juice from 1 lemon
- 1/2 shallot, finely chopped
- 2 cups baby arugula
- 1/2 cup fresh herbs, like parsley/basil

Directions:

1. In a large pot set over medium heat, melt together the butter, garlic, oregano, basil, onion powder, and a pinch of red pepper. Cook 2-3 minutes until the garlic is fragrant. Pour in 4 cups of water and bring to a boil over high heat. Add 1 tsp. salt and the pasta and cook, stirring occasionally, for 8 minutes. Do not drain the water. Stir in the milk, cream, and cream cheese and cook until the cream cheese has melted and the pasta is al dente, about 4-5 minutes more.
2. Stir in the parmesan until melted and creamy. Remove from the heat. Stir in the parsley and season with salt and pepper.
3. To make the arugula, whisk together the olive oil, lemon juice, shallot, and a pinch each of red pepper, salt, and pepper. Add the arugula and mixed herbs, toss to coat.
4. Spoon the pasta into bowls and top with arugula and extra parmesan. Enjoy!

ONE
POT RECIPE

Prep Time: _____

Cook Time: _____

Ingredients:

Directions:

With Love:

#powerofONEweek

susan g. komen
**MORE THAN
PINK WALK®**



ONE
POT RECIPE