

# CONNOR'S GUIDE TO HOSTING A LEMONADE STAND



ONE CUP OF KINDNESS

CONNOR'S KINDNESS PROJECT





# HI THERE!

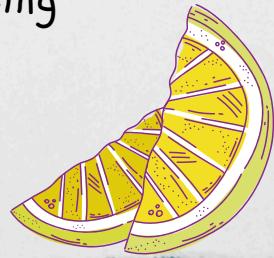
I'm Connor, and I want to tell you a little bit about why I started Connor's Kindness Project. Back in 2021, when I was just 12 years old, the world was going through a tough time because of COVID-19. I really wanted to help kids who were sick or feeling lonely. So, I set up a lemonade stand at the beach and raised money to send care packages to children who needed some cheer.

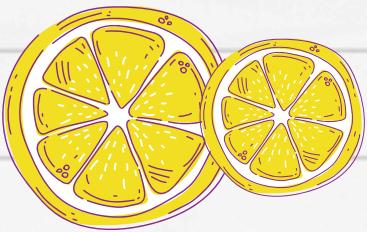
That one lemonade stand was just the beginning! Those care packages turned into Kindness Kits, which are special, hand-picked packages filled with fun goodies and supplies to bring joy to kids who are going through challenging situations. So far, we've delivered over 10,000 kits to children in shelters, hospitals, and other places across New England!



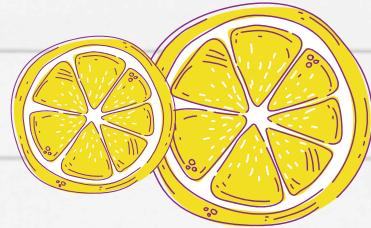
One lemonade stand showed me how far one cup of kindness can go. Now, I'd love for YOU to join in—all the money you help raise at your stand will go toward delivering more Kindness Kits to children who need a smile. Will you help me spread kindness? Thank you for being awesome!

With kindness,  
Connor





# INDEX



## PAGE 4

### GETTING STARTED

Make sure you check off all of the first steps to get involved with One Cup of Kindness.

## PAGE 5

### GATHER MATERIALS

Gather all the materials you will need to host your own lemonade stand.

## PAGE 6

### PROMOTE YOUR STAND

See how you can promote your stand leading up to and on the day of your fundraiser.

## PAGE 7

### PRIZES

See what Amazon gift card you can receive from how much money in proceeds you send from the earnings of your stand!

## PAGE 8-19

### PRINTABLE SIGNS

See pages 7-15 for our colorful signs and menus you can print out for your stand! For more colored signs, see pages 15-22.

## PAGE 20-22

### LEMONADE RECIPES

Follow our recipes to make a classic lemonade recipe, pre-made or from scratch. We also have flavored recipes, pre-made or from scratch.

## PAGE 23-24

### SETTING UP YOUR STAND

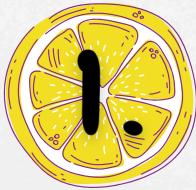
Get ready to set up your lemonade stand from a preassembled table. See page 23 if you want to build your stand.

## PAGE 25

### AFTER THE STAND

See what steps to take after you have hosted your lemonade stand. Learn where to submit the proceeds and how you can share on social media!

# GETTING STARTED



Pick out date and a location to hold your stand.



Register! Make sure you've signed up for the challenge online at [THIS LINK](#)



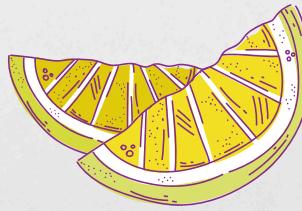
Gather all the materials you'll need for your stand.  
(ex. signage, lemonade, ice, cups, table, chairs, decor, money envelope).



Set a realistic goal for how much money you would like to raise at your stand.



Spread the word! Tell your friends about One Cup of Kindness and fill them in on the action!



# 1. GATHER YOUR MATERIALS

*Materials for your stand such as:*

- A base for stand, a table, cardboard, a crate
- A pitcher
- A cooler
- Ice
- Disposable cups
- A small cash box
- Ingredients for the lemonade ( see on page 17-19)
- A small cash box to secure item for storing money



*Decorations for your stand such as:*

- Paper signs
- Markers
- Paint
- Paint brushes
- Our printable signs ( seee page 7-14)



# PROMOTE YOUR STAND!

## MAKE SURE YOUR PROMOTE YOUR STAND!

- **Make signs!** You can make some creative signs to hang around your neighborhood with details about the stand.
- **Tell your friends and family!** Let people know when and where you'll be having your lemonade stand so they can stop by!
- **Use social media!** Leading up to and on the day of your lemonade stand, you can post the details about your stand on social media for all your friends and family to see. Make sure to tag us **@connorskindnessproject** so we can repost it! Share with local community pages, and reach out to your local news station to share your story!



# PRIZES



IF YOU EARN:

YOU'LL RECEIVE:

**\$100 - \$150**



**\$150 - \$200**



**\$200 - \$200**



**\$250 OR MORE**



EXTRA  
STRENGTH  
PAIN  
RELIEF

6  
mg  
per  
tablet

# WHAT WE'RE DOING

When you buy One Cup of Kindness, you are helping us raise money for Connor's Kindness Project. The funds will support the Kindness Kit program, allowing us to aid more children facing challenging circumstances. Each kit is filled with items that are fun, educational, and comforting in an effort to brighten their day. Work in a pro fire of the Kindness Kit on this.

Scan the QR code to Learn more about CKP & the Kindness Kits



SCAN THE QR CODE TO  
LEARN MORE ABOUT  
ONE CUP OF KINDNESS!

TO THE  
CHALLENGE!



**SCAN THE QR CODE TO  
LEARN MORE ABOUT  
ONE CUP OF KINDNESS!**

*TO THE  
CHALLENGE!*





THANK YOU!



venmo



DONATION



THANK  
YOU!



# LEMONADE PRICES



**\$1**

**REGULAR LEMONADE**

**\$2**

**BLUE RAZ LEMONADE**

**\$2**

**STRAWBERRY LEMONADE**

**\$1**

**WATER**

**All proceeds will be going to Connor's Kindness Project!**

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# LEMONADE PRICES




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# LEMONADE PRICES




All proceeds will be going to Connor's Kindness Project!

PRE MADE & FROM SCRATCH



# CLASSIC RECIPE



## PRE-MADE

### REGULAR LEMONADE

TOTAL TIME: 10 MINS / SERVINGS: 10

#### INGREDIENTS

- 10 cups pre-made lemonade (store-bought or from concentrate)
- Ice cubes
- Lemon slices (optional, for garnish)

1. **Prepare the lemonade:** Pour the pre-made lemonade into a large pitcher.
2. **Serve:** Add ice cubes to glasses, pour in the blue raspberry lemonade, and garnish with lemon slices or blueberries if desired.

## FROM SCRATCH

### REGULAR LEMONADE

TOTAL TIME: 10 MINS / SERVINGS: 10

#### INGREDIENTS

- 2  $\frac{1}{2}$  cups fresh-squeezed lemon juice (about 10-12 lemons)
- 10 cups cold water
- 1  $\frac{1}{4}$  cups sugar (adjust to taste)
- Ice cubes
- Lemon slices (optional, for garnish)

1. **Juice the lemons:** Roll the lemons on a countertop to soften, then cut them in half and squeeze the juice into a measuring cup. Remove any seeds.
2. **Make the lemonade base:** In a large pitcher, combine the lemon juice and sugar. Stir until the sugar is fully dissolved.
3. **Add water:** Pour in the cold water and stir well. Taste and adjust the sweetness if needed by adding more sugar.
4. **Serve:** Add ice cubes to glasses, pour in the lemonade, and garnish with lemon slices or mint leaves if desired.

PRE-MADE

# FLAVORED RECIPES



## BLUE RAZ LEMONADE

**TOTAL TIME: 10 MINS / SERVINGS: 10**

### INGREDIENTS

- 10 cups pre-made lemonade (store-bought or from concentrate)
- 1 packet blue raspberry drink mix (like Kool-Aid)
- Ice cubes
- Lemon slices (optional, for garnish)
- Fresh blueberries (optional, for garnish)

1. **Prepare the lemonade:** Pour the pre-made lemonade into a large pitcher.
2. **Add the blue raspberry flavor:** Stir in the blue raspberry drink mix until it's well combined and the lemonade turns a bright blue.
3. **Serve:** Add ice cubes to glasses, pour in the blue raspberry lemonade, and garnish with lemon slices or blueberries if desired.

## STRAWBERRY LEMONADE

**TOTAL TIME: 10 MINS / SERVINGS: 10**

### INGREDIENTS:

- 10 cups pre-made lemonade (store-bought or from concentrate)
- 2 cups fresh or frozen strawberries
- Ice cubes
- Lemon slices (optional, for garnish)
- Fresh strawberries (optional, for garnish)

1. **Prepare the strawberries:** Blend the strawberries in a blender or food processor until smooth. Strain through a fine mesh sieve to remove seeds (optional).
2. **Mix with lemonade:** In a large pitcher, stir the strawberry puree into the pre-made lemonade until well combined.
3. **Serve:** Add ice cubes to glasses, pour in the strawberry lemonade, and garnish with lemon slices or fresh strawberries for a bright, fruity look.

FROM SCRATCH

# FLAVORED RECIPES



## BLUE RAZ LEMONADE

**TOTAL TIME: 10 MINS / SERVINGS: 10**

### INGREDIENTS

- 2 ½ cups fresh-squeezed lemon juice (about 10-12 lemons)
- 10 cups cold water
- 1 cup sugar (adjust to taste)
- 1 packet blue raspberry drink mix (like Kool-Aid, or similar)
- Ice cubes
- Lemon slices (optional, for garnish)
- Fresh blueberries (optional, for garnish)

1. **Juice the lemons:** Roll the lemons on a countertop, then cut them in half and squeeze the juice into a measuring cup, removing any seeds.
2. **Make the lemonade base:** In a large pitcher, combine the lemon juice and sugar. Stir until the sugar is fully dissolved.
3. **Add the blue raspberry flavor:** Stir in the blue raspberry drink mix until it's well blended. The lemonade will turn a bright blue color.
4. **Add water:** Pour in the cold water and stir well. Taste and adjust the sweetness if needed.
5. **Serve:** Add ice cubes to glasses, pour in the blue raspberry lemonade, and garnish with lemon slices or fresh blueberries

## STRAWBERRY LEMONADE

**TOTAL TIME: 10 MINS / SERVINGS: 10**

### INGREDIENTS

- 2 ½ cups fresh-squeezed lemon juice (about 10-12 lemons)
- 10 cups cold water
- 1 cup sugar (adjust to taste)
- 2 cups fresh or frozen strawberries
- Ice cubes
- Lemon slices (optional, for garnish)
- Fresh strawberries (optional, for garnish)

1. **Prepare the strawberries:** If using fresh strawberries, hull and slice them. If using frozen, let them thaw slightly. Blend the strawberries in a blender or food processor until smooth. Strain through a fine mesh sieve to remove seeds (optional).
2. **Juice the lemons:** Roll the lemons on a countertop, cut them in half, and squeeze the juice into a measuring cup, removing any seeds.
3. **Make the lemonade base:** In a large pitcher, combine the lemon juice, sugar, and strawberry puree. Stir until the sugar is fully dissolved.
4. **Add water:** Pour in the cold water and stir well. Taste and adjust the sweetness by adding more sugar if needed.
5. **Serve:** Add ice cubes to glasses, pour in the strawberry lemonade, and garnish with lemon slices or fresh strawberries

## OPTION #1 (EASY) - PREASSEMBLED TABLE

# SETTING UP YOUR LEMONADE STAND

Here are some steps to set up your lemonade stand! You can reuse items you already have around the house, like a small shelf, or table to use as the base for your stand. If you would like to get more creative in building a stand, we suggest you grab an adult and follow some of the general tips on the next page!

### 1. CHOOSE YOUR PRE-BUILT BASE

Look for a sturdy item that can be the base of your stand. A few good options include:

- A small table or desk
- Bookshelf or storage unit
- A crate
- A small table



### 2. CLEAN AND DECORATE

- Once you've chosen your base, clean it thoroughly

Now Make your stand unique!

- Paint the frame (optional) with the CKP colors: blue, red, orange, and green. Apply one or two coats of paint for a clean, vibrant look.
- Add signs: You can create your own lemonade signs, or print out the provided signs on the One cup of Kindness Page on the CKP website



# OPTION #2 (MORE DIFFICULT) - BUILD YOUR OWN TABLE BUILDING A LEMONADE STAND

Here are some general tips if you would like to build your lemonade stand from scratch. Have an adult help you with this process! You can construct a simple lemonade stand by creating a frame with wood or cardboard. Use wood for a more permanent stand or sturdy cardboard if you want something quick and easy.

("EASY BUILD Lemonade Stand", Ana White)

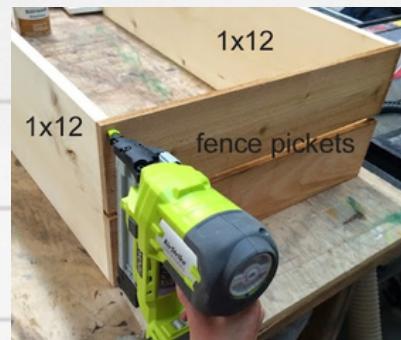
## 1. CUT THE BOARDS

- Cut the 1x12 in half. This will be the top and bottom of the stand part.
- Cut each cedar fence picket into three pieces, each 23-1/2" long.
- I recommend cutting with a miter saw, but you can also use a jigsaw or circular saw.



## 2. ATTACH FENCE PICKETS TO 1X12S ON ENDS

- Use 1-3/4" screws or if you have a brad nailer, 1-1/2" brad nails, to attach the fence pickets to the 1x12s.



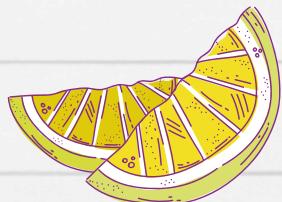
## 3. ATTACH FENCE PICKETS TO FRONT

- Once the two ends are done, layout the remaining fence pickets and attach to the front of the lemonade stand with screws or brad nails.



## 4. BUILDING THE SIGN ABOVE THE BASE

- Attach 1x3s to the sides, and cut the remaining fence picket to the sign size, and screwed it to the 1x3s
- Place the screws where the 1x12s are located, so the screw ends don't protrude out the back.



# AFTER THE STAND

**YOU DID IT!** You had a successful lemonade stand and helped us spread our mission of One Cup of Kindness! Here are the final steps to wrap up your hard work. Thank you for everything you do!

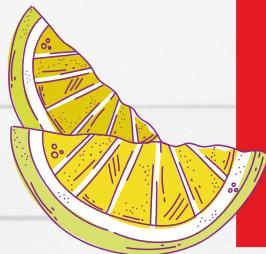
## SUBMITTING YOUR PROCEEDS TO CKP

Mail a check to (or drop it off, we love visitors):  
Connor's Kindness Project  
400 West Cummings Park, Suite 3100  
Woburn, MA 01801  
or  
Venmo us at @Connors-Kindness-Project

## SHARING YOUR DAY ON SOCIAL MEDIA

Make sure to share pictures of your lemonade stand for all your friends and family to see what One Cup of Kindness is all about!

We would love to see your posts! Tag us  
**@Connorskindnessproject**



**THANK YOU AND  
HAVE FUN HOSTING  
YOUR STAND!**

**ONE CUP OF KINDNESS**  
CONNOR'S KINDNESS PROJECT

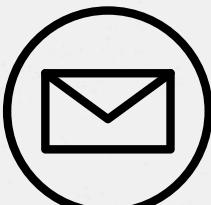


# CONTACT US!

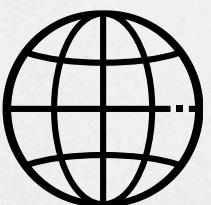
If you have any questions regarding One Cup of Kindness or Connor's Kindness Project you can contact us here:



(781)389-3458



[info@connorskindnessproject.org](mailto:info@connorskindnessproject.org)



<https://connorskindnessproject.org/>



@connorskindnessproject