

Australia's Biggest Morning Tea

Host a Biggest Morning Tea in your office!

Share a cuppa for a cause.   

Australia's Biggest Morning Tea is the perfect opportunity to come together, have some fun, and raise much-needed funds for Cancer Council's life-saving research, support programs, and prevention campaigns. Whether your team is big or small, hosting a morning tea in the office is a great way to make a real difference - and have a blast doing it!

Why should your workplace get involved?

1. Boost team spirit

A shared goal like this brings everyone together, no matter what department they're in. It's a great way to bond, build morale, and create a fun, collaborative atmosphere.

2. Give back to the community

Your participation helps fund vital cancer research and provides support to people living with cancer. Every dollar raised will contribute directly to improving survival rates, prevention programs, and supporting patients and their families during treatment.

3. Enhance your company's reputation

Show your team and the community that your workplace cares about making a positive impact. Supporting a national initiative like ABMT demonstrates your commitment to corporate social responsibility.

The impact you can make



\$500

Can pay for a lab assistant for a day to support a researcher with vital laboratory testing.



\$1,000

Makes it possible for our **13 11 20** health professionals to help 15 people affected by cancer who need information or emotional and practical support.



\$5,000

Helps provide the community with information about breast, bowel and cervical cancer screening, helping to save more lives.



\$10,000

Can help purchase materials for a lab-based cancer project for two years.



“It was our first year hosting Australia’s Biggest Morning Tea. Such a wonderful, uplifting event. Not just a delightful gathering for the 100 Rialto community members who participated, but a profound gesture of unity for those affected by cancer. Our collective efforts brewed more than just tea and friendship, they’ve infused the warmth and generosity of the Rialto community spirit to support vital research, prevention, and support services.”

Ragen | Rialto 2024 Australia’s Biggest Morning Tea Coordinator



How to set up your morning tea



Set a date

Pick a day that works for everyone in May or June, and make it a fun, relaxed event. You can even choose to add a theme or make it an interactive bake-off!



Get the word out

Promote the event through email, posters, or even your intranet. Let everyone know how they can get involved; whether that’s baking, donating, or helping to setup on the day.



Set up your fundraising invite

Make donating super easy by setting up a fundraising page on our website. Share the link with your team and encourage them to donate in advance or during the event.

Making it easy & fun!

Hosting a Biggest Morning Tea in your workplace doesn’t have to be complicated. Here are a few simple ways to get your team involved, no matter how big or small your event:

1. Keep it simple

You don’t need to go overboard. Host a casual morning tea with whatever’s easiest for your team to contribute. People can bake, bring in store-bought treats, or even donate directly to your fundraising page.

2. Add a theme

Spice up the morning tea with a fun theme, like Great Office Bake Off, Around the World or High Tea. Encourage everyone to get creative, whether it’s in their outfits, the food they bring, or the decorations.

3. Virtual or hybrid? No problem!

If you’ve got remote workers, bring them in on the fun too. Host a virtual morning tea or even run a virtual bake-off — let your remote team share photos of their morning tea spread and vote on the best one.

4. Friendly competition

Set a fundraising goal and encourage departments or teams to compete to raise the most money. Offer small prizes or fun rewards for the winning team (perhaps an afternoon off or a fun team activity).

5. Go beyond tea — try a raffle!

Add a little extra excitement by running a raffle or silent auction. Ask local businesses to donate prizes or ask your team to contribute fun items. It’s a great way to raise even more funds.

6. Don’t forget to share

Share your event photos on your social media channels, using #BiggestMorningTea. Thank everyone for their participation and create a sense of pride in what your team has accomplished together.



Ready to get started?

To register now, or for more information, scan the QR code or visit **BiggestMorningTea.com.au**.



Cancer Council
Australia’s Biggest
Morning Tea