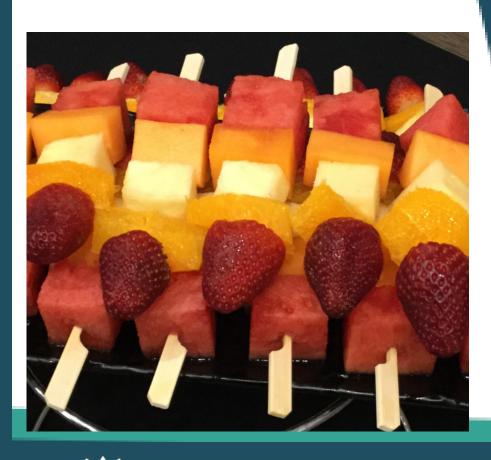
# HEALTHY BIRTHDAY CELEBRATION IDEAS

# Birthday Chair and Felt Birthday Cake

Decorate a special birthday chair and use a felt birthday cake with candles to sing happy birthday



Fruit Kebabs
Use popsicle sticks
to thread cut up
fruit pieces



Health
Illawarra Shoalhaven
Local Health District

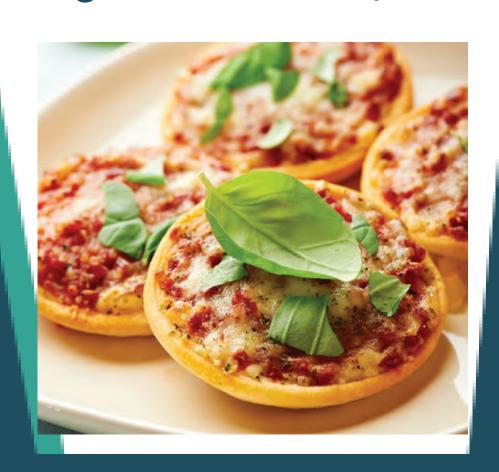
### **Watermelon Cake**

Use watermelon as a base and layer with fruit



### **Healthy Mini Pizza**

Make pizzas with healthy toppings on wholemeal English muffins or pita



# Birthday Outfit or Face Painting

Have a special outfit for the birthday child to wear or paint their face



## Yoghurt & Fruit Cups

Serve yoghurt with fruit in special cups or jars



Birthday celebrations at services can still be fun, special and memorable without compromising on nutrition. For more healthy celebration ideas, <u>click here</u>

