

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



Watermelon Cake

Use watermelon as a base and layer with fruit



Birthday Outfit or Face Painting

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



Fruit Kebabs

Use popsicle sticks to thread cut up fruit pieces



Healthy Mini Pizza

Make pizzas with healthy toppings on wholemeal English muffins or pita



Yoghurt & Fruit Cups

Serve yoghurt with fruit in special cups or jars



Health
Illawarra Shoalhaven
Local Health District

Birthday celebrations at services can still be fun, special and memorable without compromising on nutrition. For more healthy celebration ideas, [click here](#)

