

Natasha's Foundation

But it's not
a piece of
cake!

Arlo the Armadillo is allergic to milk, eggs and sesame. He is the star pupil at Allergy School. This month we are celebrating his birthday!

Celebrations should be joyful and inclusive for pupils like Arlo. But when they centre around food, they can become frightening and isolating for children and families living with food allergies.

It's my
birthday!



**Arlo reminds us that celebrations don't have
to be about food.**

Could your next celebration be food-free?

A future without food allergy



Let's get Creative

Here are some party activity ideas that don't revolve around food.

Craft Party



Painting, decorating bags or wooden shapes, bracelets, slime. Get messy!

Sports Challenge



Obstacle courses, relay races, hoop throws, certificates for everyone.

Treasure Hunt



Clues, puzzles and maps to discover treasure!

Dress Up



Themed dress up, include missions and games.

Crowns & Confetti



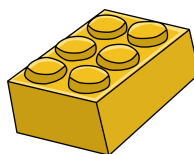
Fun alternatives to cake

Movie Magic



Watch or create your own short film!

Building Challenge



Who can build the tallest tower? Make a creative design.

Dance Party



Drama or Dance, musical statues, sleeping lions, props and costumes and music!

Share your photos with us!

allergyschool@narf.org.uk



Celebrations don't have to be traditional to be fun!

Watch here: Arlo gets invited to a Party

Have a watch of a video from our Allergy School. Arlo gets invited to a birthday party and navigates communicating his food allergies.



www.allergyschool.org.uk

Donate £4 a month



You could help fund our FREE Allergy School. It's the cost of a piece of cake! Become an allergy champion!

www.narf.org.uk/donate