

# Children's Parties





# Tips for a sustainable and budget friendly party.

## SCHEDULE A PARTY TIME IN BETWEEN MEALS

MORNING TEA (APPROXIMATELY 9/9:30AM) OR AFTERNOON TEA (APPROXIMATELY 2/2:30PM).

HOSTING A PARTY IN BETWEEN MEAL TIMES GIVES YOUR GUESTS THE OPPORTUNITY TO EAT A MEAL BEFORE THEY ARRIVE, PROVIDING YOU WITH THE CATERING REQUIREMENT OF ONLY SHARE DISHES AND SNACKS.

## FUN FOOD

LET THE ADULTS HAVE FUN AND EAT THE SAME FOOD AS LITTLE PEOPLE.

CATERING TO DIFFERENT AGE GROUPS CAN BECOME EXPENSIVE. IF YOU ARE LOOKING TO PROVIDE DIFFERENT OPTIONS.

LOOK AT RECIPES THAT INCLUDE THE SAME INGREDIENTS BUT ARE PREPARED DIFFERENTLY.

## TABLEWEAR & DECORATIONS

- SKIP THE THEMED PLATES, BOWLS, CUP AND CUTLERY. INSTEAD OPT FOR THINGS YOU ALREADY HAVE THAT CAN BE WASHED AND REUSED RATHER THAN SINGLE USE AND DISPOSED.

- SELECT FOODS WHICH CAN BE PICKED UP IN INDIVIDUAL PORTIONS AND DON'T REQUIRE PLATES AND UTENSILS.

- IF YOU WOULD LIKE TO DECORATE YOUR FOOD TABLE WITH A THEME, SELECT MATERIAL TO USE AS A VIBRANT TABLE CLOTH.

YOU CAN FIND SOME WONDERFUL OPTIONS IN YOUR LOCAL CHARITY SHOP OR INEXPENSIVE OPTIONS AT DISCOUNT RETAILERS SUCH AS SPOTLIGHT. BY USING MATERIAL IT CAN BE WASHED AND USED AGAIN, OR CUT INTO PIECES AND USED IN THE FUTURE AS NAPKINS OR TO REPLACE WRAPPING PAPER.

# Party Food Table Layout



## GREEN ZONE

- PLACE THE FOOD ABLE TO BE EASILY CONSUMED BY SMALL CHILDREN NEAR THE EDGES. IF ADULTS AREN'T WATCHING, THERE IS LESS OF A CHOKING HAZARD FROM FOOD THEY ARE FAMILIAR WITH.
- TRY TO KEEP THE MAJORITY OF THE FOOD NEAR THE NAVY ZONE THEN THERE IS ROOM FOR PEOPLE TO PUT THEIR DRINKS DOWN.

## NAVY ZONE

- PLACE THE MOST NUTRITIOUS OPTIONS IN THE CENTRE OF THE NAVY ZONE. THAT IS GENERALLY WHERE PEOPLE'S EYESIGHT IS ATTRACTED FIRST. IF YOU NEED TO DOUBLE UP ON THE SAME FOOD SELECTION THAT IS FINE. E.G COB LOAF WITH SLICED VEGETABLES IN THE MIDDLE AND ALSO SLICED VEGETABLES AT THE EDGE FOR CHILDREN TO REACH.
- NEXT TO THE MOST NUTRITIOUS OPTION, PLACE THE MORE INDULGENT OPTIONS ON EITHER SIDE. THIS PROVIDES ADULTS WITH A DIRECT CHOICE. IT ALSO MEANS YOUNG CHILDREN CAN'T HELP THEMSELVES AS EASILY TO FOODS THAT SHOULD BE CONSUMED IN MODERATION.