



Channel Nine Telethon

Supporting the Children's Hospital Foundation

Party Pack

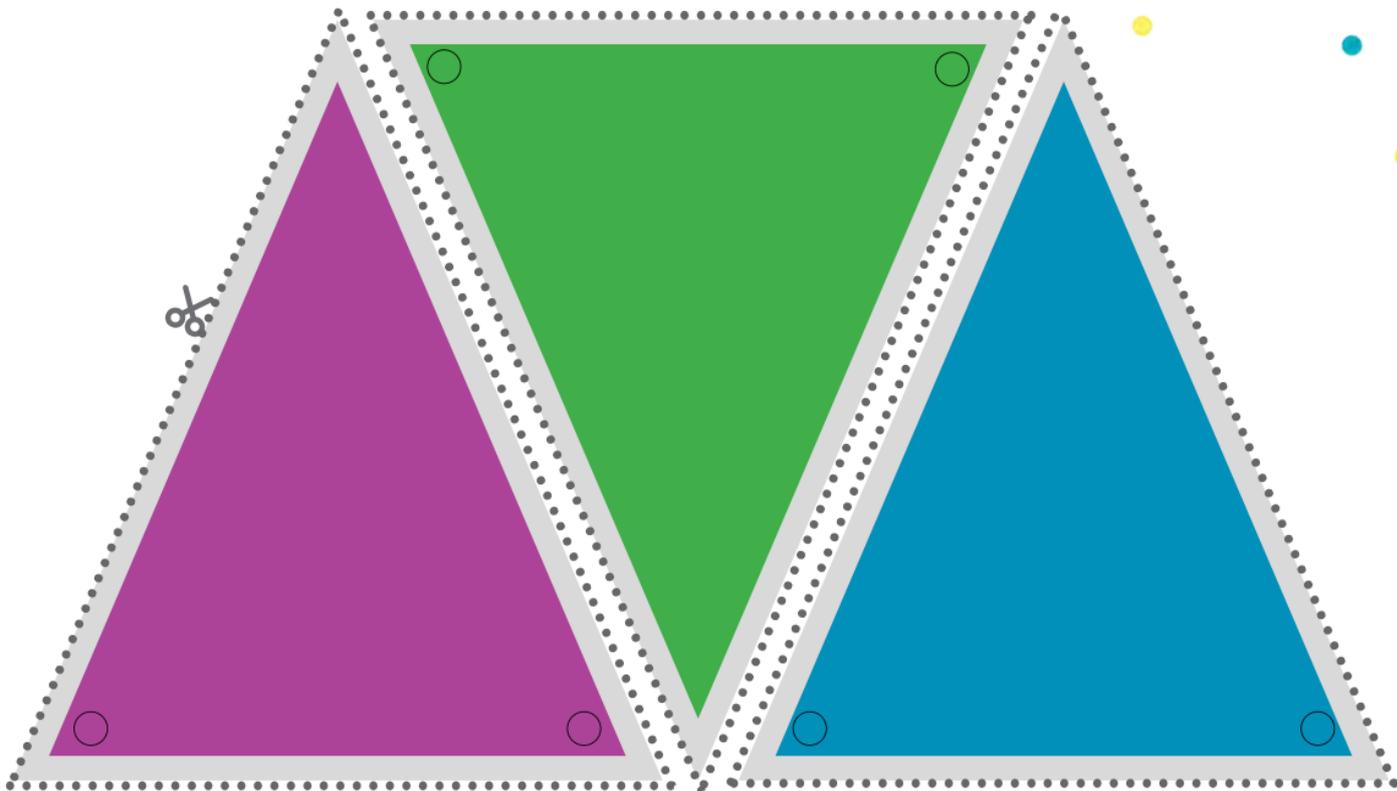
#9Telethon
9telethon.com.au

Telethon Bunting

Our custom bunting is the perfect decoration for your Telethon party.

Simply cut out the triangles, punch the holes, thread through some string and they are ready to hang.

Handy Tip: Print this page as many times as you want to get as much bunting as you need.



Theodore Cut-Outs

No Channel Nine Telethon party would be complete without our favourite teddy bear, Theodore. Cut him out and have some fun.

Handy Tip: Don't forget to share your pics and tag us #9Telethon @childrensorgau



Telethon Word Search

Keep your party guests entertained while watching the Telethon with our custom word search.

Can you find these words?

Handy Tip: Words can be found in all directions - vertical, horizontal, diagonal and even backwards!



N O H T E L E T H D E D

S L X W H R C W O L F Q

U A K J O F O N C U Z H

P T X Z Y N A D N M C P

P I H Y U T D D O R C B

O P B K E R R E A E G X

R S Q P X A Z E R O H Q

T O L P I M S A D S K T

O H I S W E H Q Z H C N

U V I X R F S K M R Y E

B N C H I L D R E N Q I

G L D U W Y L I M A F C

TELETHON

RESEARCH

DONATE

CHILDREN

WONDERS

FAMILY

THEODORE

SUPPORT

HOSPITAL

FUNDRAISING



Telethon Colouring-In

Share your finished artwork with us
@childrensorgau #9Telethon

We can't wait to see them!



9
TELETHON



Telethon Recipes

CHICKEN NUGGETS (GF)

Try these healthy chicken nuggets with hidden veggies.

Cooking time: 20 mins | Makes: Approx. 20 | Free from gluten, dairy & eggs

Ingredients

Chicken nuggets:

500g free range, organic chicken mince
1 tbsp My Organics chia seeds
2 tsp garlic powder
2 tsp paprika
1 tsp dried oregano
1/2 tsp onion powder
3 tbsp cooked mashed sweet potato
1 small carrot, finely grated
1/2 cup finely grated cauliflower
Pinch Himalayan salt
Extra virgin olive oil

Coating:

3/4 cup My Organics almond meal
3 tbsp My Organics sesame seeds
Pinch Himalayan salt
Extra virgin Olive Oil for cooking

Method

1. In a large mixing bowl add all chicken nuggets ingredients and combine.
2. In a separate mixing bowl combine almond meal, sesame seeds and a pinch of salt and transfer to a flat plate.
3. Shape heaped tablespoon portions of the mince into nuggets shapes and onto a plate. Using damp hands will help to shape the sticky mixture easily.
4. Roll each of the nugget into the almond meal coating until all are well coated.
5. Place nuggets evenly onto a lined baking tray and spray with olive oil. Bake in oven for 12- 15 minutes or until golden and cooked through.
6. Or heat a generous amount of olive oil in a frying pan and cook nuggets for 4-5 minutes each side until golden and cooked through.

Thank you to our community partner, My Organics, and Casey-Lee Lyons from Live Love Nourish for this delicious recipe.



Telethon Recipes

HEALTHY BROWNIES WITH CARAMEL SAUCE

A healthy chocolate treat with an indulgent yet guilt-free warm caramel sauce.

Cooking time: 15 mins | Makes: Approx. 12 | Free from gluten, dairy & refined sugar

Ingredients

Brownies:

- 1 cup steamed, mashed sweet potato
- 4 tbsp (80ml) coconut oil, melted
- 2 tbsp rice malt syrup (or natural sweetener of choice)
- 1 cup My Organics almond meal
- 1/4 cup My Organics raw cacao powder
- 1 tsp organic vanilla powder (or extract)
- 1/3 cup My Organics chopped macadamias (optional)
- 1/4 cup My Organics goji berries or inca berries (optional)

Caramel sauce:

- 3/4 cup My Organics dates, pitted
- 3/4 cup coconut milk
- 1 tbsp melted coconut oil

Method

1. Pre-heat fan-forced oven to 170°C.
2. Steam peeled sweet potato. Drain well.
3. In a mixing bowl combine sweet potato with coconut oil and rice malt syrup and mix well.
4. Add almond meal, cacao powder and vanilla powder and mix to combine well.
5. Fold through macadamias and goji berries or inca berries.
6. Spoon batter into a small lined slice tin and spread out with back of a spoon. Bake in oven for 2 -15 minutes or until cooked.
7. Allow to cool and cut into squares.
8. Meanwhile, prepare caramel sauce. In a high powdered blender or food processor blend dates with coconut milk until smooth and creamy.
9. Serve brownies with warmed caramel sauce.



Thank you to our community partner, My Organics, and Casey-Lee Lyons from Live Love Nourish for this delicious recipe.

Snapchat Lens

Say cheese and have some fun with our exclusive Telethon Snapchat Lens

How to use it:

1. Open Snapchat App
2. Focus the camera on the yellow icon pictured below
3. Press and hold one finger on your screen over Theodore
4. A pop-up will appear on your screen with 2 options
5. Select 'Unlock for 24 hours'
5. Take a selfie and share it with your friends!



Thanks for supporting sick kids



Tune in to the live broadcast on Channel 9 from 7pm, Saturday 17 November

Donate now

Call 1800 909 900

Text 'KIDS' to 0475 444 555

or visit our website 9telethon.com.au

Presenting Partners



Media partners

