

How to host an Iced Tea Party™ for Lymphoedema Awareness Month



Hosting an Ice Tea Party™ is a refreshing, easy and fun way to raise awareness of lymphoedema and its symptoms. Importantly, it also helps to raise funds to further education and research to help sufferers of lymphoedema.

Register your Iced Tea Party™ today at lymphoedema.org.au and receive your complementary Lipton Ice Green Tea product kit.* (*The first 200 to register)

Your Iced Tea Party™ can be large or small, at home, at work, at school or host one for your community group or club.

When you hold your Iced Tea Party™ you can be as creative as you like!

You can choose to have a Morning Iced Tea Party™, Cool Evening Iced Tea Party™, a Sultry Sunday Iced Tea Party™ or even a Mad Hatter's Iced Tea Party™ for the kids.

Your Iced Tea Party™

- Decide on a theme –Morning, Afternoon, Cool, Sultry Sunday, Mad Hatters
- Choose a date and time
- Register to host your Iced Tea Party™ today at lymphoedema.org.au
- Download invitations, posters, web tiles and more to promote your Iced Tea Party™ and Lymphoedema Awareness Month
- Invite your work colleagues, family and friends to enjoy a delicious Iced Tea, perhaps some Ice Blue Cupcakes or even some cool cucumber sandwiches or fruit!
- Share your awareness and fundraising with everyone you know and invite them to attend, sponsor your Iced Tea Party™ or make a donation
- Ask guests to bring a gold coin or more and help fund research and education into lymphoedema (the more money raised the more we can invest in medical research)
- Download the early signs and symptoms of lymphoedema to talk about it with your guests
- Donate funds raised no matter how small via lymphoedema.org.au and help to make a difference to those living with lymphoedema!

Theme ideas

- Workplace Iced Tea Party
- Afternoon Iced Tea Party
- Morning Iced Tea Party
- Mad Hatter's Iced Tea Party
- Long Island Iced Tea Party
- Sultry Sunday Iced Tea Party
- Spicy-Icy Iced Tea Party
- Ice-Cream Sundae Iced Tea Party
- Cool Iced Tea Party

Nibble ideas

- Cool Appetisers
- Cucumber Sandwiches
- Fairy Bread
- Fruit Platters with 'cool fruit' – watermelon etc
- Ice-Blue Cupcakes
- Cookies and Bickies
- Ice-cream Sundaes



The Australasian Lymphology Association (ALA) is the peak professional organisation promoting best practice in lymphoedema management, research and education in Australia and is committed to promoting the development of lymphology in Australasia.

Recipes

Basic Ice Tea*

Directions on how to make a basic Ice Tea

- 5 teaspoons of black, loose tea leaves or 5 bags of tea
- 4 cups of water

Bring 2 cups of water to a boil. Remove kettle and pour over tea. Steep for about five minutes. Strain tea leaves or remove tea bags. Add 2 cups of cold water. Serve over ice. Makes approximately 1 litre.

Raspberry Ice Tea*

Tea

- 4 bags of Red Zinger Tea
- 4 cups of water
- 1/2 cup of simple syrup or to taste

Simple Syrup

- 1/4 cups of sugar
- 1/2 cup of water
- 1/4 of teaspoon vanilla extract

Bring 2 cups of water just short of a boil and pour over tea bags. Steep for about five minutes. Remove tea bags. Add 2 cups of cold water. Stir in simple syrup.



*Optional: Add sugar to the 2 cups of cold water and stir to dissolve. Chill until ready to combine with the hot water and tea. You can also squeeze orange and lime wedges into tea then drop them in. Garnish with fresh raspberries or fruit. Serve over ice.

Fun Tea Party Tips

- Freeze mint leave or raspberries in ice cubes – first freeze small amount of water in bottom of tray to create a base, once frozen add the fruit/garnish then fill with water and freeze
- Add 4-6 peppermint leaves for a mint flavouring
- Use slices of dried or fresh fruit for a sangria taste
- Add 1/8 tsp. each of ground nutmeg and cinnamon for spiced ice tea
- White, Green, Oolong and Herbal tea also make great iced tea

Cupcakes

Cupcake Ingredients

- 200g butter, softened (do not use margarine)
- 1 3/4 cups (370g) caster sugar
- 2 tsp vanilla bean paste
- 4 eggs
- 2 3/4 cups (405g) self-raising flour
- 1 cup (250ml) milk

Butter Icing

- 200g unsalted butter, at room temperature
- 6 cups (900g) soft icing sugar mixture
- 1/2 cup (125ml) milk or water
- Blue food colouring, to tint
- Silver sugar balls or other edible decorations to garnish



Preheat oven to 180°C. Line 24 1/3 cup (80ml) muffin pans with patty cases.

Cream the butter, sugar and vanilla bean paste with an electric mixer. Add the eggs, one at a time, and beat until just combined. Add the flour and milk in alternate batches and stir with a wooden spoon until just combined.

Spoon mixture evenly among the patty cases. Bake for 15-20 minutes or until cooked through. Remove from oven and transfer to a wire rack to cool completely.

For the frosting, use an electric mixer to beat the butter until very pale. Gradually add the icing sugar while beating. Add the milk or water and beat until well combined.

Divide frosting into small bowls and colour. Use a small palette knife or round-bladed knife to spread the icing.

Decorating Tips: Add colouring gradually until you've reached the desired shade. Butter that is very yellow will affect the colour; unsalted butter gives a paler base after beating.