



## Whip up *The Week Junior's* birthday shake!

To mark our fifth anniversary, we've created this special birthday shake recipe, which uses five simple ingredients. Enjoy!

### Ingredients

- ½ cup chocolate chips
- Colorful sprinkles
- 1 cup vanilla ice cream
- ½ cup milk
- Whipped cream, for topping

**WARNING!**  
Ask an adult's permission before using the microwave or blender.

### Instructions

1. Place the chocolate chips in a small bowl that is just wide enough to fit the rim of a large glass (or two small glasses). Microwave in 20-second intervals, stirring after each, until melted and smooth.
2. Invert and dip the rim of a glass into the melted chocolate, then immediately coat the chocolate rim in sprinkles. Set aside to harden.
3. Combine the ice cream and milk in a blender and blend until smooth.
4. Carefully pour the shake into the prepared glass and top with whipped cream.
5. Add a festive paper straw and enjoy. Recipe makes 1 large shake or 2 small ones.



### FUN FACT

A Walgreens employee, Ivar "Pop" Coulson, invented the modern milkshake in 1922 by adding ice cream to malted milk.



## ECO TIP OF THE WEEK 5 WAYS TO CUT PARTY WASTE

1. **Wrap creatively.** Kraft paper and string make an eco-friendly alternative to shiny gift wrap and bows that can't be recycled.
2. **Go easy on tape.** Instead of clear plastic tape to wrap gifts, use environmentally friendly paper tape, like washi tape.
3. **Skip the glitter.** Glitter is a microplastic, which is a big part of global pollution. Add color to decor with dried flower petals instead.
4. **Reuse wrap.** Whenever you receive a gift, save the wrapping—like gift bags and bows—so you can reuse them again.
5. **Use regular dishes.** Pass on paper and plastic products, and serve party foods on washable glass or ceramic dishware.

You can wrap gifts sustainably.

