



**Crohn's
& Colitis
Australia**

Instructions for cupcake flags

1. You'll need scissors, toothpicks, glue, paper (or card) and 10-15 minutes of craft time.
2. Print on A4 paper or cardstock.
3. Cut along the edge of each flag using scissors.
4. Fold in half, matching the points of the flag together.
5. Glue the entire back side of each flag, and wrap around a toothpick.
6. Decorate your cupcake!



crohnsandcolitis.org.au

Freecall 1800 138 029

#FlushTheStigma #GotGuts #WorldIBDDay2023 #IBDHasNoAge