



Hosting a Low Pro High Tea

Hosting a Low Pro High Tea is the perfect fundraising activity and an easy and fun way to participate in the Great Protein Challenge. The Challenge is a fundraising campaign that helps MDDA support Aussie kids and adults living with inborn errors of protein metabolism (IEM).

Thanks for choosing this activity as an opportunity to raise awareness of the daily challenges, dietary restrictions, treatment and management that an IEM individual faces every day.



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Our Challenge is held in May and June, providing everyday Australian's the chance to walk in the shoes of an IEM person for a day to understand the importance, complexity and difficulty of managing these rare diseases.

The challenge of consuming under 10 grams of protein in a day has been set as a modest threshold and is MORE than double that many IEM individuals and can tolerate in a day.

With no cure for IEMs, a strict and vastly limited diet is one of the only ways to manage the disease and avoid irreversible brain damage and other neurological and psychological health complications. This challenge provides only a glimpse into the complexities of these conditions.

All funds raised will go towards support programs, resources and further research to help enable every person faced with this diagnosis lead a life of full potential and optimal health and wellbeing.

MDDA will help you to get your event up and running by:

- sending a party pack containing 20 coloured balloons, 20 stickers and posters
- sending resources and brochures about MDDA and IEMS
- follow this link for downloadable bunting and posters to display at your event. thegreatproteinchallenge.com.au/resources
- Raise \$100 to receive a GPC kit (T-shirt, tote bag, drink bottle)

For more information, please contact the Great Protein Challenge team by calling 03 9723 0600 or email office@mdda.org.au

MDDA is endorsed as a Deductible Gift Recipient (DGR). All donations over \$2 are tax deductible.





Tips for your event



Promote your event well in advance

Pick a date in your calendar. You can promote your event through email, flyers, text. Make sure to give attendees plenty of time to clear their schedules.

Create an atmosphere

Decorate tables with fresh flowers, tablecloths, balloons, bunting. Don't forget the teacups, coffee cups, serviettes and plates. Check out our printable resources to brighten your event.

Stumped on what to serve at your Low Pro High Tea

Tea, coffee, water, soft drink. For a special adult treat sparkling wine is a welcome addition.

Low Pro High Tea

You can get as creative as you like! You may want bake some delicious low pro treats yourself and ask your colleagues to bring a plate of food. Here are some suggestions for low pro options that you can easily get from your local supermarket to help you put on a tea party in style.

- Any fresh fruit. Berries, grapes, kiwi fruit, banana, watermelon, blueberries.
- Woolworths or Coles lamingtons (approx 1g protein per serve)
- Variety of "Mr Kipling" mini sweets Woolworths (most approx 1g protein, check nutrition label)
- Tic Toc biscuits (2=1g protein)
- Mini jam rolls Coles or Woolworths Variety (2g protein)
- Black Tea/Coffee (0 grams protein)
- Cordial, non diet (0 grams protein)

Regular High Tea

If you would like to offer some regular options for your guests.

- Scones, a quintessential part of high teas, scones are best served with jam and cream
- Tea sandwiches, little sandwiches with simple fillings
- Sweets, including little cakes, tarts, slices
- Savouries

