

- **7-ELEVEN**: Suck down a free Slurpee anytime during your birthday month when you sign up for 7REWARDS via the app.
- **AMC THEATRES**: AMC Stubs Insider members **get a free large popcorn, while Stubs Premiere and A-List members** get a free large popcorn and a large fountain drink available during your birthday month.
- **APPLEBEE'S**: Get a **free birthday dessert** with a minimum purchase of \$15.
- **AUNTIE ANNE'S**: Make at least one purchase annually through the **Auntie Anne's Rewards** App and receive a free soft pretzel on your birthday.
- **BASKIN-ROBBINS**: Score a free ice cream scoop when you **sign up for the Birthday Club**.
- **BERTUCCI'S**: Get a free reward when you're **registered for their e-club**.
- **BENIHANA**: Get a \$50 birthday reward if you're **registered for The Chef's Table**.
- **BUFFALO WILD WINGS**: Get **free wings** during your birthday month if join the Blazin' Rewards program.
- **BURGER KING**: Earn 2X the reward points throughout the month, in addition to a special free item on your birthday.
- **BEN & JERRY'S**: Members get free ice cream on your birthday.
- **CALIFORNIA PIZZA KITCHEN**: Enjoy a free birthday dessert at any rewards membership, plus a free entree if you are a Diamond member.
- **CARVEL**: Receive a free cone or cup if you're signed up for the Fudgie Fanatic loyalty program.
- **CAVA**: All rewards members receive a birthday treat. The first two tiers will get a drink, pita chips, or dessert, while the highest tier can enjoy half off a bowl or pita.
- **CHICK-FIL-A**: There are a few free treat options to choose from, depending on your membership tier. Chick-Fil-A One Members can get either a chocolate chunk cookie or a chocolate fudge brownie. Silver members can choose between a chocolate chunk cookie, a chocolate fudge brownie, small milkshake, small frosted lemonade, small frosted coffee, small Icedream® cone or small Icedream® cup. Red Members will receive their choice of either a grilled or regular

sandwich or 8- and 12-count nuggets and Signature Members will receive their choice of entrée.

- **CHILI'S**: Get a free dessert on your birthday.
- **CHIPOTLE**: Members can choose a free reward on their birthday.
- **COLD STONE CREAMERY**: Members will receive a free reward on their birthday.
- **CRACKER BARREL**: Enjoy a free dessert and birthday song when you go to your nearest location.
- **CRUMBL COOKIES**: Silver status members will receive a voucher.
- **CULVER'S**: Get free treats on your birthday and half birthday through the rewards program.
- **DAIRY QUEEN**: Take advantage of a special (usually free) birthday offer—but make sure you've purchased from **DQ through the app** in the past 45 days to take advantage of it.
- **DEL TACO**: Queso and Scorcho level reward members will receive a regular-sized shake for free, while Inferno and Epic levels will get any shake or dessert.
- **DIPPIN' DOTS**: Free ice cream on your birthday when you sign up for **Dot Crazy! email club**.
- **DUNKIN'**: Dunkin' Rewards members earn a "birthday bonus" which gives them 3X the points on any purchases made all day. Earn free food and drink once 150 points, or \$15, has been spent.
- **DUTCH BROS. COFFEE**: Download the app to get a **free medium birthday drink**.
- **FRIENDLY'S**: You'll receive free ice cream if you're part of the FRIENDLY'S Club Fun.
- **IHOP**: Dig into a free full stack of Original Buttermilk pancakes on your day.
- **JERSEY MIKE'S SUBS**: Get a free regular sub, as long as you've purchased a sub in the last year.
- **KRISPY KREME**: Get a free treat on your birthday when you sign up for Krispy Kreme Rewards.
- **MCDONALD'S**: Score a free medium fries through the **My McDonald's app**.
- **NOTHING BUNDT CAKES**: Members get a free Bundtlet for your birthday.

- **OLIVE GARDEN**: Get a **complimentary dessert** when you dine in-house.
- **OUTBACK STEAKHOUSE**: Hit up Outback on your special day for a free dessert and birthday song.
- **PANERA BREAD**: Get a free pastry or bagel from Panera on or up to seven days after your birthday.
- **PAPA JOHN'S**: Enjoy a free dessert anytime **during your birthday month**.
- **P.F. CHANG'S**: Celebrate with a **complimentary dessert or appetizer** on your birthday.
- **PINKBERRY**: Members will receive a birthday rewards 7 days prior and it can be used until 7 days after.
- **PIZZA HUT**: Get a free birthday treat when you're **signed up for Pizza Hut benefits**.
- **QUIZNO'S**: Take advantage of their BOGO regular sub birthday reward.
- **RED LOBSTER**: My Red Lobster Reward members get a free birthday reward.
- **RED ROBIN**: Royalty members qualify for a free birthday milkshake, but can upgrade to a free burger if you've spent \$20 during the year.
- **RITA'S**: Celebrate with a free treat (likely a small Italian ice, frozen custard, or gelati) if you're signed up for Rita's e-club.
- **RUBY TUESDAY**: Enjoy a free dessert up to seven days before your actual birthday or up to 14 days following it.
- **SBARRO**: Get a **free XL NY Slice with a minimum purchase** of \$5 a week prior to your birthday through the Sbarro Rewards app.
- **SHAKE SHACK**: Add your birthday to your Shack Shack profile on the app for a **free treat**.
- **SMOOTHIE KING**: Members of the Healthy Rewards will earn a free birthday deal, and those with champion status will get a free smoothie.
- **SONIC**: Reward club members can choose a birthday reward in the app.
- **STARBUCKS**: As long as you provide your birthday in the Starbucks mobile app, you'll **receive a Birthday Reward** for one free beverage, food item, or ready-to-drink bottled beverage of your choice, but it is only valid on your birthday. If you're a gold level member, your

birthday reward is valid for seven days after. Reserve level members will have 30 days to redeem the reward.

- **SUBWAY:Sub Club members** will receive a birthday reward.
- **TCBY**: Enjoy a free yogurt (up to a \$5 value) when you're registered to **receive rewards**.
- **TGI FRIDAYS**: Score a free birthday treat through the rewards program.
- **THE CHEESECAKE FACTORY**: Choose a complimentary slice of cheesecake or layered cake from the **over 60 flavorson the menu**.
- **TIM HORTONS**: Rewards members get a free item on their birthday.

Best Beauty Birthday Freebies

- **ANASTASIA BEVERLY HILLS**: Members of the ABH loyalty programs get a birthday month gift in addition to other exclusive offers.
- **ARMANI BEAUTY**: Join the Armani Signature VIP Program and score a special birthday reward or gift depending on which tier you are.
- **AVEDA**: Earn a **birthday gift and double points** with each purchase during your birthday month.
- **BATH AND BODY WORKS**: Get a free gift of your choice (with a value up to \$9.95) with any purchase.
- **BOBBI BROWN**: Enjoy a birthday gift of \$10 off a \$30 or more, **depending on the rewards tier**.
- **CVS**: Loyalty program members earn a \$3 birthday reward that's good for 30 days.
- **E.L.F.**: Anyone who is a member of the Beauty Squad gets a birthday gift, with the two highest tiers also getting bonus points with any purchases during the birthday month.
- **KIEHL'S**: As a rewards member you'll receive a birthday surprise according to which level you're signed up for. The EXTRA tier gifts a lip balm and one deluxe sample, the SUPER tier gifts a lip balm and two deluxe samples, and the EVEREST tier gifts a travel-sized mini set and three deluxe samples.
- **LANCÔME**: Your complimentary birthday gift is only redeemable online if you are a rewards member. It must be used within 30 days and you have to spend a minimum of \$50 to receive it.

- **MAC COSMETICS**: Bronze and silver members will earn 2X the points (3X for gold) as well as an annual gift.
- **SEPHORA**: As long as you're signed up for their rewards program, Beauty Insider, you're allowed to choose a birthday gift for free from a selection of makeup, skincare, and haircare offerings during your birthday month. It's free when you shop in-store, but you must spend \$25 to redeem it online.
- **SOL DE JANEIRO**: If you spend \$75 per year, you're eligible for a free birthday gift.
- **THE BODY SHOP**: Get a \$10 Birthday Reward, valid for your birthday month, if you are part of the Love Your Body Club.
- **ULTA**: As part of Ulta Rewards, you get to choose a free gift from a handful of products during your birthday month. A purchase is required to redeem your birthday gift.
- **YSL BEAUTY**: Score a birthday gift if you're part of the YSL loyalty club (tier 2 or 3).

Best Fashion Birthday Freebies

- **AERIE / AMERICAN EAGLE**: Members can get a \$5 birthday reward.
- **ANTHROPOLOGIE**: Get 20% off during your birthday month when you're a AnthroPerks member.
- **ATHLETA**: Loyalty members of any tier get a birthday bonus.
- **BANANA REPUBLIC**: Free gift available through the reward program.
- **DSW**: Get \$5 off a purchase during your birthday month.
- **GYMBOREE**: My Place Rewards members will get a 20% coupon during the month of their child's birthday and My Place Rewards Credit Cardholders will get 25% off coupon. You can receive coupons for up to four children.
- **H&M**: Get 25% off one item if you're an **H&M member**.
- **J.CREW**: Get **\$15 to \$25**, depending on what loyalty tier you're in—plus a gift on your half birthday.
- **JCPENNY**: Get a \$10 CashPass when you sign up for rewards.
- **KENDRA SCOTT**: Get 50% one fashion jewelry item or 25% off a demi, demi-fine, sunglass, or home item during your birthday month.

- **MACY'S**: Macy's credit card holders or bronzes level loyalty members will get a free surprise during your birthday month, but you **have to have made a purchase at Macy's or macys.com** on your account within the last 12 months.
- **MADEWELL**: Insiders will receive \$25 on the big day, and \$15 for your half birthday.
- **OLD NAVY**: Encore members get a birthday bonus.
- **SAVAGE X FENTY**: You can receive a limited-time birthday offer with your first purchase during your birthday month.
- **SOMA**: Members will receive a \$10 reward, VIP members will receive \$20, whereas card members get \$15 or VIP card members get \$30.
- **TARGET**: Get 5% off a purchase up to 30 days after your birthday.
- **TARTE**: All tier levels will receive a discount up to 25% for birthdays.
- **THE CHILDREN'S PLACE**: Like Gymboree, My Place Rewards members will get a 20% coupon during the month of their child's birthday and My Place Rewards Credit Cardholders will get 25% off coupon. You can receive coupons for up to four children.
- **VERA BRADLEY**: Redeem \$25 off an order of \$100 or more.
- **VICTORIA'S SECRET/PINK**: If you're a member of any of the three reward program tiers, you'll be gifted a \$10 reward for any purchase. For gold credit card members, that reward is \$15.