

The Birthday Freebies Cheat Sheet

35 chains that feed you free on your birthday - from your friends at DailyBite (verified July 2026)

THE ONE RULE: sign up 2-4 weeks BEFORE your birthday

Nearly every program requires you to already be a member when your birthday window opens - and a few (Starbucks, IHOP, Jersey Mike's) also require one prior purchase. Twenty minutes of signups a month early = a full week of free food.

| CHAIN | WHAT YOU GET | THE CATCH |
|--------------------|----------------------------|---|
| Starbucks | Free drink or food item | Join Rewards 7+ days early + 1 purchase |
| Jersey Mike's | Free sub | Bought a sub in past year |
| Jimmy John's | Free 8-inch sub | Freaky Fast Rewards |
| Firehouse Subs | Free medium sub | With any purchase |
| Chick-fil-A | Free cookie (more by tier) | Chick-fil-A One |
| McDonald's | Free medium fries | Email list |
| Arby's | Free curly fries + shake | Coupon arrives a week early |
| Chipotle | Free chips & guac | Spend \$5+ that day |
| Wingstop | Free seasoned fries | With wing purchase |
| Panda Express | Free gift (you pick) | Panda Rewards |
| El Pollo Loco | \$5-10 reward | Loco Rewards |
| Papa John's | Free dessert | Purchase in last year |
| The Halal Guys | Free birthday platter | Rewards signup |
| A&W | Free root beer float | Mug Club |
| Panera | Free bakery treat | Valid 7 days |
| Einstein Bros. | Free egg sandwich | With purchase |
| Dutch Bros | Free 32-oz drink | Valid 30 days |
| Krispy Kreme | Free doughnut | mySweet Rewards |
| Auntie Anne's | Free pretzel | 1 purchase/year required |
| Wetzel's | Free pretzel | All birthday month |
| Crumbl | Free cookie | May need Silver status |
| Nothing Bundt | Free Bundtlet | Valid 7 days after |
| Baskin-Robbins | Free scoop | Birthday Club |
| Dairy Queen | BOGO Blizzard | Purchase within 45 days |
| Cold Stone | BOGO Creation | Birthday month |
| Culver's | Free sundae | MyCulvers Club |
| Checkers/Rally's | Free small shake | Rewards |
| Jamba | Free small smoothie | 15 points earned first |
| Smoothie King | \$2 off / free at top tier | Healthy Rewards |
| Del Taco | Free shake or dessert | With purchase |
| Waffle House | Free classic waffle | Regulars Club |
| Denny's | Free Value Slam | Photo ID, actual birthday |
| IHOP | Free stack of pancakes | Join 7+ days early |
| Buffalo Wild Wings | Free 6 wings | App signup |
| Cheesecake Factory | Free cheesecake slice | With food purchase |

PRO MOVES

- Offers load silently into each app's Rewards/Offer tab - check there, not your email.
- "Birthday month" programs (Cold Stone, Wetzel's, Cheesecake Factory) are flexible; single-day ones (Denny's, Krispy Kreme) expire fast.
- Use your real birthday: most apps lock the date after signup.