

GHOULISHLY GREAT IDEAS

FOR

HALLOWEEN PARTIES & TRICK-OR-TREATING

If it were only at Halloween, we wouldn't be concerned about the candy.

But it's not just at Halloween. It's candy and other treats all too often—*breakfast candy* (sugary cereals), *liquid candy* (soda), and *fruit candies at lunch* (fruit snacks/gummies & roll-ups).

Celebrating Halloween healthfully isn't about giving up all the treats. It's about bringing them into balance, especially since kids often have multiple celebrations: at school, at friends' houses, at after care, and in the community. And then there's trick-or-treating.

There's more to Halloween than candy. There's dressing up, having fun with friends, playing games, and doing crafts. With so many celebrations throughout the year, it's important to enjoy each one without going overboard.

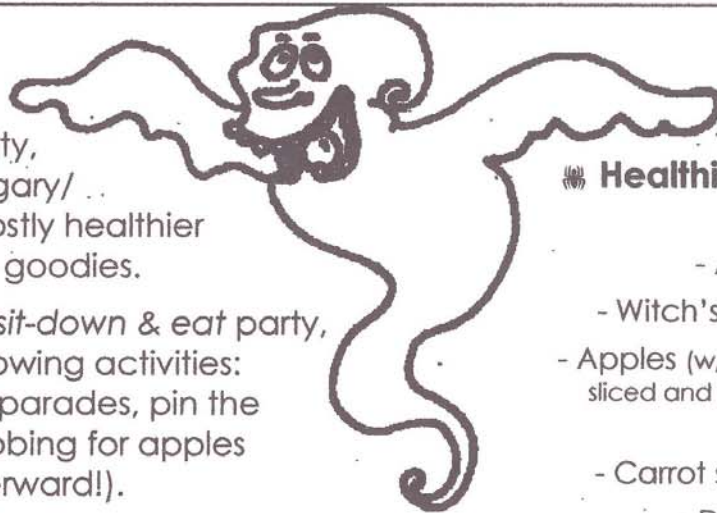
Halloween Parties

Savor the flavor. At the party, serve no more than one sugary/... higher-fat item. Provide mostly healthier party snacks and non-food goodies.

BOOgy down! Instead of a sit-down & eat party, get up and go with the following activities: ghost sack races, costume parades, pin the nose on the witch, and bobbing for apples (watch them eat them afterward!).

Keep them spellbound. Shift children's focus away from candy to: reading & writing Halloween stories, making slime, making masks out of paper plates or bats out of egg cartons, acting out short plays, running a haunted house for other classes, & learning about Halloween history.

Make good food look frightfully delicious! Use Halloween-themed cookie cutters to make sandwiches or fruit more interesting. Decorate the room, serve food with creepy plates, napkins, cups or straws, and design and fill treat bags with Chex Mix or other healthier snack foods.



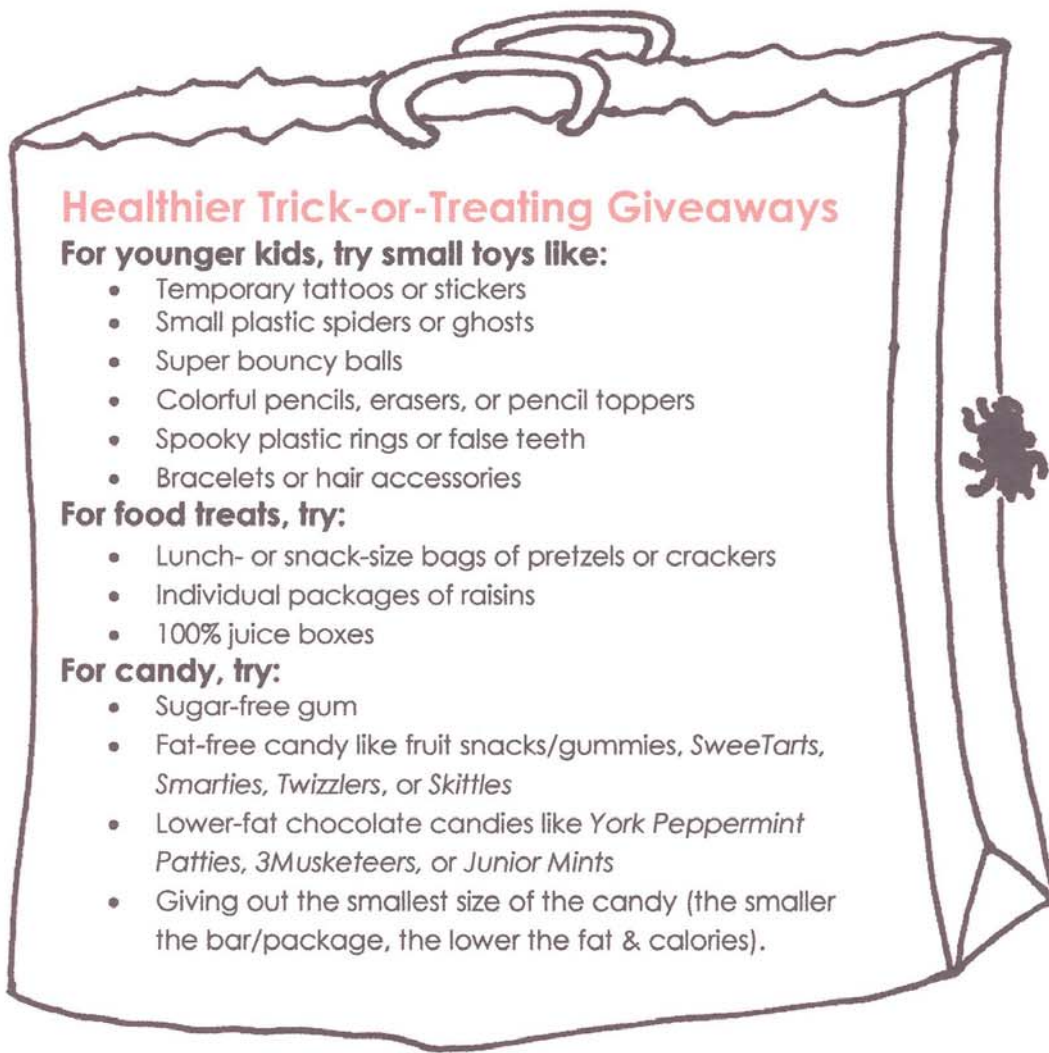
Healthier Party Snacks

- Water
- Apple cider
- Witch's Brew (see recipe)
- Apples (w/caramel or yogurt dip; or sliced and let kids top with spooky sprinkles)
- Carrot sticks & low-fat dip
- Dried apricots
- Grapes
- Oranges cut into wedges
- Light or low-fat popcorn
- Tortilla chips & salsa
- Whole wheat Fig Newtons
- Pumpkin dip & graham crackers (see recipe)
- Pumpkin muffins (see recipe)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges

WITCH'S BREW RECIPE

1 24 oz. bottle cranberry juice cocktail * 1 can frozen orange juice * ½ gallon apple cider * Grenadine
Mix first 3 ingredients together in a cauldron (or punch bowl) and serve in clear plastic cups, with Grenadine 'blood' dripping down the inside of the cup!

For added fun, float funny face ice cubes in the brew: Half-fill & freeze ice tray (or muffin cups) with water, garnish each cube with blueberry eyes & a mandarin orange smile, & then fill rest with water & freeze again.



Healthier Trick-or-Treating Giveaways

For younger kids, try small toys like:

- Temporary tattoos or stickers
- Small plastic spiders or ghosts
- Super bouncy balls
- Colorful pencils, erasers, or pencil toppers
- Spooky plastic rings or false teeth
- Bracelets or hair accessories

For food treats, try:

- Lunch- or snack-size bags of pretzels or crackers
- Individual packages of raisins
- 100% juice boxes

For candy, try:

- Sugar-free gum
- Fat-free candy like fruit snacks/gummies, *SweetTarts*, *Smarties*, *Twizzlers*, or *Skittles*
- Lower-fat chocolate candies like *York Peppermint Patties*, *3Musketees*, or *Junior Mints*
- Giving out the smallest size of the candy (the smaller the bar/package, the lower the fat & calories).

On Halloween Night:

Make sure children eat a healthy meal before they go trick-or-treating so that candy is a dessert, not supper.

Remember Halloween safety:

- Make sure children travel in groups and/or with an adult.
- Give children flashlights for added visibility.
- Accessorize with glow-in-the-dark necklaces or bracelets or use reflective tape.
- Check collected items before allowing children to eat them.

It is most important to work with children on healthy eating throughout the year. Encourage healthy eating but don't battle over it. Instead, try to work something out, like allowing your children to eat what they want on Halloween night and then save 5 treats to eat over the next 5 days. Dispose of or put the rest out of sight.

For more information about healthy eating, visit: www.cspinet.org

PUMPKIN MUFFINS

Preheat oven to 400 degrees.

Sift together:

- 1 $\frac{3}{4}$ cups whole wheat pastry flour (or half whole wheat and half all purpose flour)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup sugar

- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg

Beat in a separate bowl:

- 2 eggs

Add to the eggs:

- 2 tablespoons vegetable oil
- $\frac{3}{4}$ cup low-fat milk

- 1 cup canned pumpkin

Combine the wet and dry ingredients with a few swift strokes (don't over mix). Fill greased muffin cups two-thirds of the way full and bake for 20 to 25 minutes. Makes a dozen muffins.

PUMPKIN DIP

(from the Dannon Institute)

Mix the following ingredients:

- 3 tablespoons canned pumpkin
- 1 cup low-fat vanilla yogurt
- 1 tablespoon orange juice concentrate (use 100% juice for more nutrients)
- $\frac{1}{2}$ tsp of cinnamon (optional)
- 1 tbsp maple syrup (optional)

Dip in with graham crackers.

SLIME

(For playing, not eating)

- 2 Cups Water
- $\frac{1}{2}$ Cup Cornstarch
- Food Coloring

Boil 2 cups water in a medium saucepan. Add cornstarch while stirring. After that is mixed well, add food coloring and stir. Remove from heat and cool to room temperature. Make sure kids play with it on a plastic covered surface.