



# Healthy Halloween!

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 school 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



**Hauntingly Healthy Food.** 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, monster mash BOOgy dance, and bobbing for apples.

**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, and learning about Halloween history.

**Make Good Food Look *Frightfully* Delicious!** Use Halloween-themed cookie cutters to make healthy sandwiches or fruit more interesting. Decorate the room; serve food with creepy plates, napkins, or cups. Design treat bags with Halloween designs and fill with non-food treats or healthy snacks.



## Class Games



- **Corn Relay** line up two bowls of corn and two corresponding teams. Place two plastic pumpkins some paces away (depending on how much room you have; the farther the better). Give each racer a cup, and on a signal have them scoop out some corn, race to a plastic pumpkin, and pour the corn in. They must race back and hand off the cup for the next child. First pumpkin filled wins.
- **Leaf Pickup** Cut all sorts of leaf shapes out of lightweight paper. Equip each child with a drinking straw and scatter the leaves on the floor. On GO, each child must "suck up" a leaf and place it in a basket. The child with the most leaves at the end of two minutes wins.
- **Estimation** Guess the number of pumpkin seeds in a jar.
- **Bingo** Play the game with corn or pumpkin seeds as markers.
- **Wrap my Mummy** Have a mom volunteer to be wrapped by the kids in rolls of toilet paper. Why the kids think this is so funny I don't know, but it never fails!



## WITCH'S BREW RECIPE

1-24 oz. bottle cranberry juice cocktail \* 1 can frozen orange juice \* ½ gallon apple cider \* Mix ingredients together in a cauldron (or punch bowl). 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 Party Snacks



- ☞ Water
- ☞ Apple Cider
- ☞ Witch's Brew
- ☞ Apples
- ☞ Carrot sticks & low-fat dip
- ☞ Dried apricots
- ☞ Grapes
- ☞ Oranges cut into wedges
- ☞ Air popped popcorn
- ☞ Baked tortilla chips & salsa
- ☞ Pumpkin dip & graham crackers
- ☞ Pumpkin muffins
- ☞ Roasted pumpkin seeds
- ☞ Snack cups of canned peaches or mandarin orange

## SLIME

*(For playing, NOT eating)*

2 Cups Water

½ 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.



## PUMPKIN MUFFINS



*Preheat oven to 400 degrees*

**Sift together:** 1¾ cups whole wheat pastry flour (or half whole wheat and half all purpose flour) \* ¾ tsp salt \* ¼ cup sugar \* 2 tsp baking powder \* 1 tsp cinnamon \* ½ tsp nutmeg. **Beat in separate bowl:** 2 eggs. **Add to the eggs:** 2 tablespoons Apple sauce \* ¾ cup low-fat milk or almond 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

**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) \* ½ tsp of cinnamon (optional) \* 1 tbsp maple syrup (optional) **Dip in with graham crackers.**

