

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, of course, 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 parties, 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 get moving with the following activities: ghost sack races, costume parades, pin the nose on the witch, and bobbing for apples (a game that includes a healthy snack).

Keep them spellbound

Shift children's focus away from candy to: reading & writing Halloween stories, making slime (see recipe), 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 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
- 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 100% juice blend * 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.

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 teaspoon salt

½ cup sugar

2 teaspoons baking powder

1 teaspoon cinnamon

½ teaspoon nutmeg

Beat in a separate bowl:

2 eggs

Add to the eggs:

2 tablespoons vegetable oil

¾ 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.

Recipe makes:

12 muffins (1 muffin per serving)

Calories 125 · Total Sugar 10 g · Fat

3.5 g · Saturated Fat 0.5 g ·

Sodium 220 mg · Calcium 50 mg

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,

½ tsp of cinnamon (optional)

1 tbsp maple syrup (optional)

Dip in with graham crackers.

Recipe makes: 3 servings

(approx. 1/3 cup per serving)

Calories 70 · Total Sugar 9.5 g ·

Fat 1 g · Saturated Fat 1 g ·

Sodium 55 mg · Calcium 130 mg

SLIME

(For playing, not eating)

2 Cups Water

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.

Healthier Trick-or-Treating Giveaways

For younger kids, try small toys like:

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

Healthier Food Options:

- Individual packages of raisins or other dried fruit
- 100% fruit leathers
- 100% juice boxes
- Small water bottles
- Sugar-free gum

For candy, if you must, try:

- Gum
- Fruit-flavored snacks/rollups/gummies
- Small lollypops (they last longer)
- Fat-free or lowfat candy like Twizzlers, Skittles, York Peppermint Patties, or Junior Mints
- Only giving out one fun-sized candy per child (whole handfuls reinforce over-indulgence)

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