

This year try these “tricks” for healthier Halloween “treats”.

Note: Not all ideas are suitable for all children. Use caution regarding allergies and choking hazards.

Healthy Treats for Halloween Parties or Treat Bags

Non-perishable treats:

- Bottled water (try making a spooky bottle label)
- Fruit cups (packed in water or juice)
- Small packages of raisins or 100% dried fruit pieces
- Milk puddings
- Plain Popcorn
- Baked Chips
- Cereal Bars or granola bars (not dipped)



Perishable treats:

- Grapes packaged as spider's eggs
- Fresh fruit or vegetables (trays, kabobs, etc.)
- Pumpkin Hummus with vegetables (recipe below)
- Yogurt and berry parfaits
- Yogurt tubes (try these frozen)
- Yogurt drinks
- Cheese strings or small cheese cubes with crackers
- Wrap bananas, oranges or apples to make mummies



Halloween treats do not have to be edible.

Try these ideas as an alternative to food treats:

Activities and Halloween games

- Coloring sheets and crayons
- Craft in a bag
- Halloween drinking cup
- Fun size play dough or bubbles
- Glow sticks or reflective stickers
- Pencils, colored chalk or fun shaped erasers
- Rubber spiders, worms or creepy figures
- Stickers, stamps or temporary tattoos, etc.
- Small toys like bouncy balls or yoyos



Halloween Snack Ideas

Apple Bites (from www.kidnutritioninfo.blogspot.com)

Ingredients:

Apples, 1 tablespoon slivered almonds* (broken and jagged is fine)

Orange juice (optional) (*check allergy policy)

1. Quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.
2. Baste the apples with orange juice to keep them from browning if packing in lunch box.

Note: you may substitute small cuts of carrot or turnip for teeth if nut allergy prohibits the use of almonds.



Oven Roasted Pita Chips with Spooky Salsa

Ingredients: Whole grain pitas bread cut into wedges and baked in the oven until lightly browned and crispy. Serve with low fat dips such as: yogurt, guacamole, fat-free sour cream, or fresh salsa.

Pumpkin Hummus

Ingredients: Pumpkin puree, hummus.

Add pumpkin puree to your store-bought hummus, a pinch of cinnamon and nutmeg, blend or mix until smooth. Use for dipping whole grain crackers or vegetables.

Spooky Pizza

Ingredients: whole grain pizza shell, pizza sauce, orange vegetables, mozzarella cheese, Halloween cookie cutter shape.

1. Prepare pizza shell with sauce.
2. Cut small Halloween shapes out of the mozzarella cheese and add vegetables. Arrange on the pizza.
3. Bake until crust is golden brown, and cheese is melted.

Skeleton and Brain Dip (Kraft Foods)

Ingredients:

Lettuce leaves

1 cup ranch dressing

2 cups assorted cut-up fresh vegetables, such as bell pepper strips, cucumber slices, snow peas, mushroom slices, celery sticks, carrot sticks, cherry tomatoes, broccoli florets, cauliflower florets

1. Line small bowl with lettuce leaves; fill with dressing. Place near one end of a large serving platter.
2. Arrange vegetables in a skeleton shape on platter, using the bowl as the head of the skeleton.



Orange-O-Lantern



BOO-nanas and
Clementine Pumpkins



Veggie Kitty



Carrot-kin

For more information please contact your Public Health Nurse
or Regional Nutritionist at (709) 651-6335