

WEEKLY NEWS UPDATE

Nutrition and physical activity news and resources brought to you by the *Network for a Healthy California- Central Valley Region*

Authored by: C. Schneider, S. Lasher and J. Gard



Halloween Party Ideas

Get creative! Have fun making Jack-O'-Lantern masks out of paper plates or skeletons out of dried pasta.

Have activities planned to get everyone moving. Bobbing for apples, costume contests, ghost sack races, and pin the nose on the witch are all fun games to play with kids.

Only one sweet! Serve only one sugary or high fat treat at celebrations. Use Halloween-themed cookie cutters to make healthy snacks festive.

Serve pumpkin muffins (see recipe) and have kids decorate the tops.

Talent! Design a haunted house or have kids act out a short Halloween play.

Shop smart! Give out healthy alternatives for party favors instead of candy and baked goods. (See list)

Source: Ideas from WebMD and the Mayo Clinic

Healthy Alternatives to Candy

For Trick-or-Treaters:

- Pencils, pens, crayons
- Pencil toppers and sharpeners
- Erasers, stickers, magnets and notepads
- Rubber ghosts, goblins and witches
- Wax fangs
- Spider rings
- Word searches, mazes and crossword puzzles
- Trading cards
- Coloring books
- Jewelry
- Key chains
- Temporary tattoos
- Yo-yos and whistles
- Sugar-free gum

For Classroom Parties:

- Whole-wheat crackers
- Baked chips and salsa
- Pretzels
- Dried fruit
- Trail mix
- 100% juice boxes
- Granola bars
- Apple cider
- Apples with yogurt dip
- Fruit and veggie trays
- Low-fat/light popcorn
- Roasted pumpkin seeds
- Bagel slices

If candy can't be avoided... choose low-fat or fat free candies and give out the smallest size.

Source: 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, and $\frac{1}{2}$ 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 pan or muffin cups two-thirds of the way full and bake 20-25 minutes. Makes 12 muffins.

Source: cspinet.org



Tips and Recipes for a Healthy, Safe Halloween



Remember these G-O-B-L-I-N-S tips for safe and healthy trick-or-treating:

- G**ive out treats that aren't your favorite, that way you won't be tempted to snack while you're passing them out.
- O**ffer nutritious foods to eat instead of or alongside Halloween sweets.
- B**argain! Ask your child if they would exchange their candy for a non-food treat like a trip to the zoo or a new toy.
- L**ight! Bring flashlights and accessorize costumes with glow-in-the-dark necklaces or use reflective tape.
- I**nspect the candy carefully and don't let children nibble while trick-or-treating. Throw away candy that is suspicious or not wrapped properly.
- N**utrition! Eat a fiber-rich meal before heading out the door to trick-or-treat, include whole grains, vegetables and fruit. A meal rich in fiber makes you feel full and satisfied and may prevent overeating.
- S**chedule! Keep busy Halloween night to avoid overeating. Make plans with your family, friends and neighbors.

Source: Ideas from WebMD and the Mayo Clinic



Witch's Brew

Ingredients:

- 1 24 oz. bottle of cranberry juice cocktail
- 1 can of frozen orange juice
- ½ gallon of apple cider

Mix first 3 ingredients together in a cauldron (or punch bowl) and serve in clear plastic cups.

Float funny face ice cubes in the brew: Half-fill and freeze muffin cups with water. Then garnish each cube with blueberry eyes and a mandarin orange smile. Fill the rest of the cup with water and freeze again.

Source: cspinet.org



Pumpkin Dip

(From the Dannon Institute)

Mix the following:

- 3 tablespoons of canned pumpkin
- 1 cup of low-fat vanilla yogurt
- 1 tablespoon of 100% orange juice concentrate
- ½ tsp of cinnamon (optional)
- 1 tbsp of maple syrup (optional)

Use as a dip with graham crackers.

Source: cspinet.org



Funding is provided by the *Network for a Healthy California* through the Food Stamp Program of the U.S. Department of Agriculture. This institution is an equal opportunity provider and employer. The Weekly News Update is a resource from the Central Valley Health and Nutrition Collaborative. The information and views presented herein do not represent the University of California, the *Network for a Healthy California*, or the United States Department of Agriculture. Information is checked for accuracy to the greatest extent possible. Please submit comments to Jamie Gard at jkgard@ucdavis.edu

