

Nutrition Tidbits



Have a
Healthy
And
Safe
Halloween!

Have a Healthy Halloween: Snack and Activity Ideas

The night of Halloween was once believed to be a time where the dead would have no barriers to the living and would come back to cause trouble, such as the destruction of crops. The children would dress up, mimicking the evil spirits, and travel from house to house in order to ward them off. They would perform songs, dances, or even card tricks to receive treats from surrounding neighbors.

In the present day United States, Halloween marks the beginning of the much anticipated holiday season. A study done in 2000, by the *New England Journal of Medicine* found that Americans gain an additional pound throughout this time of year. Although one pound does not seem like a lot, over time, if accumulated, the excess weight gain can cause serious adverse health affects. With the many sugary sweets and chocolate goodies that are collected while trick-or-treating, Halloween can contribute to this weight increase. Providing your family with a variety of healthier treats and fun activities

can help to ward off this weight increase for you and your children.

The following is a list of fun activities for you and your family to get your children off the couch and spend some quality time together.

- Take a fall family walk or bike ride to enjoy the changing of the seasons
- Visit a pumpkin patch and pick out pumpkins for the next activity
- Carve a pumpkin or decorate pumpkins using markers and craft supplies. (see page 2 for a healthy snack idea made from discarded pumpkin seeds)
- Help your kids create a spooky haunted house or obstacle course using materials found around the house

For more ideas, visit:
www.family.com
www.familycorner.com

Or search the internet using "Halloween crafts" for free ideas!

ALTERNATIVE TREATS:

INSTEAD OF PROVIDING THE NEIGHBORHOOD CHILDREN WITH HIGH-CALORIE, SUGARY SWEETS, CONSIDER CHOOSING FROM THE FOLLOWING LIST:

- MINI RICE CEREAL BARS
- MINI JUICE BOXES
- MINI BAGS OF POPCORN
- CHEESE AND CRACKER PACKAGES
- PEANUT BUTTER AND CRACKER PACKAGES
- LOW-SUGAR GRANOLA BARS
- BOX OF RAISINS
- SMALL BAG OF NUTS
- 100 CALORIE CHIP BAGS
- ANIMAL CRACKERS
- STICKERS
- SMALL TOYS
- SMALL BOX OF CRAYONS
- HALLOWEEN PENCILS



Pictures from flickr.com and ricekrispies.com

Fun Family Halloween Recipes

NEWS FLASH!!

Check out PNT in the November issue of *Dallas CEO Magazine*. Look for us in the "Corporate Cost-Cutter" Section!

Crispy bat Snacks

Ingredients:

- 6 soft taco tortillas
- Cooking spray
- ½ apple butter
- 1/3 cup crunchy Peanut butter
- 2 tsp apple juice
- 1 Tbsp chopped Peanuts

Directions:

- Pre-heat oven to 350°, use bat shaped cookie cutters to cut out bats in tortillas
- Spray with cooking spray and bake for 8-10 minutes. Cool completely.
- Mix remaining ingredients and sprinkle with peanuts.
- Serve with bat snacks.

Makes 4 servings

www.pillsbury.com

Roasted Pumpkin Seeds

Ingredients:

- Pumpkin seeds, washed
- Cooking spray
- Salt

Directions

- Pre-heat oven to 300°, spray pan with cooking spray
- Spread seeds on pan and lightly salt
- Bake for 45 minutes or until golden brown and crispy

www.allrecipes.com

More Recipe Ideas:

Spooky Sandwiches: Make your kids favorite sandwiches with a spooky twist by using cookie cutters to cut the bread into ghostly shapes!

Mummy Dogs: Wrap turkey hot dogs in strips of light Crescent roll dough. Bake until dough is golden brown.
www.pillsbury.com

Instead of big caramel or candied apples, dip apple slices into a light caramel dip.

Lighten your favorite Halloween baked treats by replacing oil with equal amounts of applesauce.

Turn cooking into a family event by allowing your children to help as much as possible!

Spidery Snacks

Ingredients:

- 4 Babybel Cheeses
- 16 pretzel sticks
- 8 raisins

Directions:

- Unwrap cheese
- Break pretzels in half and place 4 on each side of cheese to create legs
- Use 2 raisins as eyes

www.wondertime.go.com



Have a safe, healthy, and happy Halloween from PNT!



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