

Eat Right...

Healthy Halloween

Ideas



Halloween Blast – Healthy Style

Give your kids and their friends a Halloween blast while keeping them safe and healthy. With these fun party games and snacks they'll still have all the trick-or-treating without the dark night scares and sugar loads.



Fun for All:

- × **Costume Contest** – parade to upbeat Halloween music and award several prizes for funniest costume, scariest costume, prettiest costume, etc.
- × **Pumpkin Decorating** – invite each guest to “bring-your-own-pumpkin” and supply decorating materials.
- × **Bobbing for Apples** – for a dryer version string apples from the ceiling and have guests try to bite into them with their hands behind their backs.
- × **Halloween Hunt** – hide non-food party favors, put on spooky Halloween music and let the trick-or-treating begin!



Nutritious and Delicious Treats:



- × **Monster Faces** – kids can select green peppers, mushrooms, olives, or other toppings and place on English muffins brushed with tomato sauce. Sprinkle shredded cheese on for hair and broil in the oven for a few minutes.
- × **Goblin Grins** – slice apples and have kids stick slivered almonds in them to make goofy smiles.
- × **Skeletons** – carrots, broccoli, cauliflower, celery, cherry tomatoes, green beans, etc. can be arranged to make skeletons.



