



HEALTHY HALLOWEEN

Halloween is a time for fun and treats. Here are some ideas for healthier treats to use at parties, at home or in the classroom.

Pumpkin



- Cookies
- Loaves
- Muffins
- Roasted Seeds
- Soup



Cheese and Crackers

Sliced cheddar cheese can be cut into Halloween Shapes with small cookie cutters.

Orange and (almost) Black Fruit Platter (include as many varieties as you like!)

- Cantaloupe
- Dark purple grapes
- Dried apricots
- Mangoes
- Nectarines
- Oranges
- Papaya
- Plums
- Tangerines

Orange Vegetable Platter

- Carrots
- Orange pepper strips



Spooky Dip

- 19oz (540ml) can black beans—(pureed)
- 1/2 cup (125ml) plain yogurt
- 2 Tbsp (30ml) finely chopped onion

- 1/2 tsp (2ml) pepper
- 1/2 tsp (2ml) salt
- 1/4 tsp (1ml) oregano

Mix all ingredients together and chill for 1 hour.



Halloween will soon be here, and families are stocking up on bags and boxes of chips, chocolate bars and other sweet treats. Some companies are even starting to promote these products year-round for school lunches. But the number of calories in one of those little treats may surprise you (especially when most people don't stop at just one!)



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	Serving Size	Calories	Fat	Sugar
Cheezy's	1 mini bag (28 g)	160 calories	2 ½ tsp.	1 ½ tsp.
Chiclets	2 pieces (3 g)	10 calories	0 tsp.	¾ tsp.
Jolly Rancher Lollipops	1 lollipop (17 g)	60 calories	0 tsp.	3 tsp.
Kraft Caramels	5 caramels (40 g)	160 calories	1 tsp.	7 ¼ tsp.
Oh Henry Bars	1 mini treat (15 g)	80 calories	1 tsp.	1 ¾ tsp.
Potato chips	1 mini bag (32 g)	160 calories	2 tsp.	¼ tsp.
Reese Peanut Butter Cups	1 mini treat (17 g)	90 calories	1 ¼ tsp.	2 ¼ tsp.
Twizzlers	1 mini pkg (18 g)	60 calories	0 tsp.	2 tsp.
Wagon Wheels	1 cookie (40 g)	170 calories	1 ¼ tsp.	4 ½ tsp.