



Safe & Healthy Halloween!

- Have a healthy dinner before you go out to trick or treat.
- On Halloween, make sure your parents check all the candy before you eat it.
- Throw out the candy that isn't your favorite. See how many "basket shots" you can make into the trash can!
- Remember to keep eating healthy foods, like fruits and veggies, during Halloween season.
- Host a Halloween party and serve healthy spooky snacks.
- Instead of candy, give out pencils, erasers and stickers or buy small size candies.



Carving Your Pumpkins? Keep the Seeds!

- Pumpkin seeds, also known as pepitas, are a tasty jack-o-lantern bonus, and they're some of the most nutritious seeds around.
- Pumpkin seeds are rich in antioxidant carotenoids, which are good for your heart, and healthy omega-3 fats, good for your brain! They provide protein, iron, health promoting fight-o-chemicals (phytochemicals) that fight off diseases and keep your family healthy.
- Roasted pumpkin seeds make a great on-the-go snack or work as an addition to salads, trail mix and cookies.



Word Challenge

Can you think of some healthy Halloween party snacks? See if you can guess what Super Crew Kid Andy will be serving at his Halloween party.

R _ A _ _ E _ & F _ U _ I
 P _ _ _ _ _
 S _ E D _

Answers: Roasted Pumpkin Seeds and Fruit Salad



Snack on jicama (pronounced hic-a-ma) before trick-or-treating. For an easy and refreshing slaw – grate or slice jicama into strips, toss with lemon or orange juice & fresh chopped cilantro. Kids love the crispy, crunchy texture.