



SuperKids Nutrition Healthy Halloween

H	C	H	S	A	U	Q	S	O	E
C	A	P	R	I	C	O	T	A	N
A	R	L	M	A	N	R	S	P	I
T	R	A	L	O	G	A	E	U	R
S	O	U	H	O	E	N	H	M	E
R	T	Q	S	G	W	G	C	P	G
R	S	A	C	N	S	E	A	K	N
L	A	H	N	A	R	O	E	I	A
G	O	P	U	M	P	K	P	N	T

The Super Crew® Kid's Pumpkin Pancakes



- 1 egg
- 1 cup 1% milk
- ¾ cup unbleached white flour
- ¾ cup whole wheat flour or oat flour
- ½ cup cooked pumpkin
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ¼ teaspoon ground cinnamon
- Pinch nutmeg and powdered ginger
- 2 to 4 tablespoons vegetable oil, as needed

Mix all ingredients (except oil) in a large bowl. Heat 1 teaspoon of oil in skillet. Add ¼ cup of pancake batter at a time, allowing to cook until bubbles form around edges. Flip and allow to cook 1 to 2 more minutes, until light golden. Repeat with remaining oil and batter. Then enjoy!



Parent's Corner

Did you know that 93% of children in the US go trick-or-treating on Halloween night? This single night translates into well over \$2 billion worth of candy being consumed by kids in the days and weeks to follow.

Kick the candy and give away healthy snacks like miniature packages of popcorn, dried fruit, pretzels, banana chips or holiday themed toys like stickers, pencils, scary erasers, plastic spider rings and temporary tattoos instead.

Get creative and consider give away coupons to your local bowling alley, ice skating ring, batting cage or other indoor play center. These are a fun way to encourage families to get up and be active together!



Get ready for Halloween by helping Andy find his favorite **orange foods** in the word search puzzle above!



Halloween Squash Carrots Orange Mango
Tangerine Apricot Pumpkin Peaches

