

# FOOD for Thought

# HEALTHY HALLOWEEN TREATS



PERSON & GRANVILLE COUNTY EXTENSION, NORTH CAROLINA

FAMILY CONSUMER SCIENCES (FCS) PROGRAM

Halloween is a wonderful holiday for the entire family because it often brings out the little kid in us all. It can be fun to get dressed up in a costume around the neighborhood or even for the office party. Treats are always a part of the fun but they don't always have to be chocolate candy or full of so many calories. This publication will help provide some information about having a fun, safe and healthy Halloween this year. While a small amount of candy can be a fun treat, we are all aware that extra added sugars can cause a variety of health issues. Even if the packaging is small, calories, fat, and sugar can definitely add up.



## Healthier Party Snacks

- Apples with yogurt dip
- Carrot Sticks
- Clementine Oranges with celery sticks on top (looks like pumpkins)
- Chex Mix, Pretzels or Popcorn
- Tortilla chips and salsa
- Pumpkin Muffins
- Canned fruit or Applesauce cups
- Use Halloween Cookie Cutters on sandwiches and fruit
- Animal Crackers

Celebrating Halloween isn't about giving up all of the treats. If you plan to give out candy as most houses/offices do, try giving out the smallest size of candy because the smaller it is, the lower the fat and calories. There are some candies that are lower in fat or even fat-free so be sure to read the nutritional labels. Portion size is always important especially around the holidays. And don't forget that you can give away small toys instead of candy. Here are some non-candy ideas for your Halloween party.

- Temporary tattoos and stickers
- Small plastic spider rings
- Bouncy balls or bubbles
- Colorful pencils and erasers
- Bracelets or necklaces
- Coloring books and crayons

### Pumpkin Muffins North Dakota State University

2 eggs, beaten  
1 cup sugar  
1 cup canned pumpkin  
1/3 cup vegetable oil  
1/4 cup water  
1 2/3 cup flour  
1 tsp baking soda  
3/4 tsp salt  
1/2 tsp baking powder  
1/2 tsp ground cloves  
1/2 tsp nutmeg  
1/2 tsp cinnamon  
1/2 cup nuts, chopped

Preheat oven to 350 degrees. Combine eggs, sugar, pumpkin, oil and water in medium-sized mixing bowl. Stir together flour, baking soda, salt, baking powder and spices in a separate bowl. Add dry ingredients to wet, and stir to blend. Place batter 3/4 to the top of non-stick or lightly oiled muffin tins. Bake 20 minutes or until toothpick inserted into the middle of muffin comes out clean. Makes 9 servings with 270 calories and a full day's supply of Vitamin A.



For more information on a variety of Family & Consumer Sciences (FCS) topics, contact Granville & Person County Extension Agent, Jennifer Grable at 336-599-1195 or [jennifer\\_grable@ncsu.edu](mailto:jennifer_grable@ncsu.edu)