

# 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 Cupcakes Illinois Extension

1 box regular yellow or vanilla cake mix, 2-layer size

2 eggs

1 Tbsp oil

2/3 cup canned pumpkin

1 ½ tsp pumpkin pie spice

1 cup water or apple juice

Preheat oven to 350 degrees. Spray each muffin cup with nonstick cooking spray or use paper cupcake liners. Blend the cake mix with the eggs, oil, pumpkin, pumpkin pie spice, and the water or juice with mixer at low speed until moistened. Beat at medium speed for 2 minutes. Spoon into the prepared muffin pan. Bake 18 minutes or until done. Cool in pan completely before frosting.

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