



Healthy Halloween!

Ready to TRY Something New this Halloween?
Treat Yourself to Tasty Eats!

Halloween is all about getting creative and having fun – from tricking out your costume to making cool, ghoulish treats. Here are a few Halloween tricks and treats you can TRY that make good for you fun too!

Want to learn more? Check out [Disney.com/TRYit](https://disney.com/TRYit)



EXCELLENT SOURCE OF FIBER

Apple Bites

Chomp your way to a healthy Halloween with a snack that would even impress Count Dracula! Mmmmmwaa, ha ha!

Ingredients

- Apples (red and/or green)
- Slivered almonds

Instructions

1. Quarter and core an apple, cutting a wedge from the skin side of each quarter
2. Press slivered almonds in place for teeth (the bigger and gnarlier the better!)

Tip: Baste apples with orange or lime juice to keep them from browning.



Remember the saying, "an apple a day keeps the doctor away?" Jam-packed with rich phyto-nutrients, antioxidants and fiber, apples treat you to many health-promoting and disease prevention properties, so go ahead and gobble them up! TRY a game of old-fashioned apple-bobbing at a Halloween party.



Did you know that almonds have the most protein and fiber of any tree nut? This helps to keep you satisfied during all of those fun-filled holiday festivities.



GREAT SOURCE OF CALCIUM

Cheese-Finger Food

Pale and scary (just how we like our zombies), these cheesy digits taste much better than they look.

Ingredients

- Mozzarella string cheese
- 1 green bell pepper
- Low-fat cream cheese

Instructions

1. Wear plastic gloves or sandwich bags over your hands to keep the cheese as smudge-free as possible
2. Use a paring knife to cut each string in half and then carve a shallow area for a fingernail just below the rounded end of each half
3. Mark the joint right below the nail as well as the knuckle joint by carving out tiny horizontal wedges of cheese
3. For the fingernails, slice a green bell pepper into 3/8-inch-wide strips. Set the strips skin side down on your work surface and trim the pulp to make thin strips. Cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers using dabs of cream cheese as "glue."



Carrot-Finger Food

Get your hands on these freaky carrot fingers as they reach out to grab you from the other side!

Ingredients

- Vegetable dip
- 4 long carrots
- 1 medium carrot
- Sliced almonds
- Baby carrots

Instructions

1. Fill a serving bowl with your favorite vegetable dip (like low-fat ranch or hummus).
2. Wash and peel 4 long carrots for fingers and 1 medium carrot for a thumb
3. Cut a flat, shallow notch in the tip of each carrot with a paring knife. Then use a dab of dip to "glue" a sliced almond fingernail atop each notch.
3. Stick the fingers in the dip, as shown, and serve with plenty of peeled baby carrots for dipping



GREAT SOURCE OF VITAMIN A

SAFETY NOTE: When cutting or cooking, always get your parents' help or permission.

Goblin Grins

Yikes, those are some serious fangs! These Fangtastic Veggie Bites may look mean and ugly but they're fun to make and good for you too.

Ingredients

- 1 pack of pea pods (approx 20 pods)
- 2 red bell peppers
- 1 pack of slivered almonds

Instructions

1. Use the tip of a paring knife to cut a slit centered in each pea pod
2. Cut out a tongue shape from the red bell pepper and insert it through the opening in the pea pod (with the inside of the pepper facing up)
3. For the finishing touch, insert a few slivered almonds for teeth



GREAT
SOURCE OF IRON



Does trick or treating count as exercise? Of course! Walking around your neighborhood, even in a costume, counts toward mileage and getting moving!

Did you know we eat up to 25% of an entire year's candy intake during the week of Halloween alone? So much sugar it can send you spinning! So what do you do with all that Halloween candy? Rather than eat it all yourself, spread your loot around. Remember sharing is caring!

Edible Eyeballs

Open your mouth for a tasty treat and open your eyes to the power of vitamins with these creepy peepers!

Ingredients

- Carrots (the wider the circumference the better)
- Low-fat cream cheese
- Pitted black olives

Instructions

1. Simply slice carrots into 1-inch-thick chunks
2. Top each carrot with a blob of cream cheese and one half of a pitted black olive



2 SERVINGS
OF VEGETABLES

Carrots are rich in vitamin A, a treat that helps your eyes function well. Get a boost of sight-helping vitamins with this fun recipe!

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Recipes courtesy of **Disney FamilyFun**

More Fun For October!

Celebrate the first national Food Day



Lucky for us, Halloween is not the only fun thing happening in October... Celebrate fall harvest time with the 1st annual Food Day on October 24th!

Food Day is a celebration of healthy, delicious food—a time where everyone can learn how to cook together and make good choices.

Here are 10 tips to TRY that can help you celebrate Food Day in October and throughout the year:

- 1 Grab a good ole glass of H₂O instead of soda
- 2 Challenge yourself to eat 5 fruits or veggies a day—have fun keeping track
- 3 Plan a meal and get cookin' (sorry, microwaving doesn't count)
- 4 Grow a garden—tomatoes in a pot or herbs on a windowsill do the trick
- 5 Swap out refined grains (like white bread) with nutritious whole grains (like whole wheat bread)
- 6 Become a master ingredient interpreter—learn to read labels.
- 7 Move over sugary snacks, it's time to try fun fruits & veggies instead
- 8 Get creative with salads for your main meal at lunch or dinner. You can add chicken, shrimp or tofu for protein. Note how you feel after eating and see if it gives you more energy than pizza or a burger and fries!
- 9 Remember a good day starts with a good breakfast! Low-fat yogurt and fresh berries, fruit and peanut butter, and whole grain bread are all good choices!
- 10 Give the folks a hand—help pack a healthy lunch for your brother or sister



Did You Know? Ingredients are listed in the order of the amount they contain—from highest to lowest? So, be sure to pick foods with nutritious ingredients at the top!



Learn more about how to Eat Real! & celebrate healthy, delicious food at www.foodday.org