

# The Bradford

## FOOD GUIDE *Halloween School Celebrations with a Healthy Twist following 70/30 guidelines*



### Activity Suggestions:

- An apple taste test challenge [https://docs.google.com/file/d/0BzfkDjx\\_pPQxU1ljNWplMnBzSGM/edit?pli=1](https://docs.google.com/file/d/0BzfkDjx_pPQxU1ljNWplMnBzSGM/edit?pli=1)
- Halloween word search contest or other printables <http://www.abcteach.com/directory/holidays-months-and-seasons-holidays-halloween-3650-2-1>
- Games such as Witch's Stew or a scavengers hunt <https://www.listplanit.com/2011/10/list-of-fun-family-halloween-games/>
- Make gourd or small pumpkin faces with markers or with other craft supplies and glue
- Fruit stamping projects <http://www.marthastewart.com/267433/apple-prints>
- Light sticks projects such as <http://www.marthastewart.com/267857/boo-balloons>
- Class Donation project in honor of the holiday

### Entertainment Suggestions:

- Scary sound effects: make your own <http://www.marthastewart.com/271491/scary-halloween-sound-effects>
- Halloween Music and Books <http://www.monsterlibrarian.com/halloweenkids.htm>
- Story Telling and Halloween Facts: such as lessons on scary things like bats, scorpions, spiders, the history of Halloween
- Halloween Slime: For playing not eating! <http://www.mykidsadventures.com/halloween-slime-recipes/>
- Stickers, temporary tattoos, spooky rings, etc.

### Edible Suggestions:

- Savory
  - Farm Fresh Freaky Halloween: created by Bradford mom, Alison Bermack!
    - <http://www.babble.com/best-recipes/healthy-halloween-recipe-vegetable-kids/>
  - Cheese-“Finger” Food: Mozzarella sticks cut to look like a finger with a green pepper fingernail
  - Pizza Mummies: English Muffin Pizzas with cheese draped like a mummy <http://www.food.com/recipe/pizza-mummies-259775>
  - Festive finger sandwiches or cookie cutter sandwiches: Apples with cheese or soynut butter
  - Tortillas cut with festive cookie cutters and toasted to dip in hummus or tortillas filled with cheese and cut to make quesadillas
- Sweet
  - Natural color theme with orange and black: oranges, mangoes, carrots, orange peppers/dark plums, purple grapes, dark red apples, figs, etc.
    - Apple and Fruit Dip: mix 1/2c. plain yogurt mixed with honey, cinnamon and nutmeg to taste
    - Pumpkin Dip: mix 3T canned pumpkin, 1c. low-fat yogurt, 1 T. oj concentrate, ½ t. cinnamon and 1 maple syrup. Dip graham crackers!
  - Healthy orange smoothie <http://www.marthastewart.com/318348/kids-smoothies>.
    - If served in a clear cup, paint a ghost face on the glass! <http://www.marthastewart.com/268175/boo-nilla-shake>
  - Spider web and Ghost cookies: <http://www.texanerin.com/2013/10/healthier-halloween-sugar-cookies.html>
  - Pumpkin Muffins: <http://weelicious.com/2010/10/18/pumpkin-apple-muffins/>
  - Apple Cupcakes: <http://weelicious.com/2013/10/23/apple-applesauce-muffins/>
  - Spooky Veggies and Dip: <http://www.parenting.com/article/spooky-veggies-n-dip>
  - Spooky Popcorn Hand: Fill a rubber glove with popcorn and a spider ring on one finger.
  - Other festive snack ideas: applesauce, honey sticks



The Bradford Food Guide: <http://montclairpta.org/pta/pages/articles/bradford10978.pdf>

Use Sign up Genius to get the party started! <https://www.signupgenius.com>

A general resource for healthier school celebrations: [http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)