



# HEALTHY HALLOWEEN SNACKS

Holidays can often be a difficult time maintaining a healthy diet. There are so many traditions involving food that are hard to give up. Candy and sweets are almost inevitable. Halloween is a huge one on this list of holidays revolving around sweets. A couple hours of trick or treating can provide enough candy to last months. Left unchecked, children may binge on this candy and over-consume added sugar that will have a large impact on their health.

Eating lots of added sugar early in life is linked to obesity, high blood pressure and type 2 diabetes. And those problems put children and young adults at risk for heart disease. The current *2015-2020 Dietary Guidelines for Americans* recommends that no more than 10 percent of total daily caloric intake be from added sugars. Sweet treats can have a place in your child's diet, but it shouldn't be every day. "I try to impress on parents that sweets should be given strictly as a treat, in reasonable portions, on special occasions or days," Dr. Pomeranets says.

With Halloween just around the corner, we can still enjoy the holiday without letting our kids binge on candy. Holiday treats can be festive and healthy. So, we're recommending parents get creative with their kids in the kitchen this holiday. There are many recipes and snacks that are fun to make that kids will actually eat. We've provided a few examples here, but get creative!

<https://www.aicr.org/news/new-dietary-guidelines-committee-report-aligns-with-aicr-recommendations/#:~:text=%20New%20Dietary%20Guidelines%20Committee%20Report%20Aligns%20with,Added%20Sugar%20Consumption.%20The%20current%202015-2020...%20More%20>

<https://health.clevelandclinic.org/sugar-how-bad-are-sweets-for-your-kids/>

## Healthy Halloween Snack Recipes

### Ingredients:

- Bananas
- Oranges/Clementines
- Granny Smith Apple
- Celery
- White Chocolate Chips
- Mini Semi-Sweet Chocolate Chips
- Peanut Butter

## Banana Boos

- Peel bananas
- Cut bananas in half or uneven for variation in height
- Stick the pointy ends of two mini chocolate chips in to form eyes

## Jack-o-tines

- Peel clementine and keep the clementine intact
- Cut celery into small stalks
- Place celery in the middle of the clementine

*Enjoy!*



## Apple Wazowski

- Cut apple in half, face down on plate
- Apply peanut butter to middle of the apple
- Place white chocolate chips in the middle, forming a ring
- Place mini chocolate chips in the center of white ring
- Cut celery for arms and legs
- Add chocolate chips for hands/fingers

## Ghoul Mouth Delights

- Cut apples in wedges
- Apply peanut butter on one apple wedge
- Place 4-5 white chocolate chips on peanut butter
- Apple peanut butter on the other wedge
- Stack the two wedges together

*Enjoy!*



## Creepy Crawly Crackers

What you'll need:

- Crackers
- Pretzel Sticks (can use chow mein noodles)
- Cream cheese (can substitute peanut butter)
- Raisins

First, take two crackers and coat the insides with a thin layer of cream cheese.

Next, break four pretzel sticks in half, these will be the legs of your spider! Place four half pretzels on each side of one of the crackers, and then place the other cracker on top, cream cheese-side down!

Finally, put little spots of cream cheese on the cracker where you want your eyes, this doesn't have to be perfect to be delicious! Put a raisin on each spot and you've got some yummy creepy crawlers!



[INSERT VIDEO LINK]

## More Spooky Recipes...



[Guacamole Witch](#)



[Spooky Spider Snacks](#)

# HEALTHY HALLOWEEN!

**Win a prize!**



Take a picture of your Halloween snack and post it to Instagram or Facebook with the hashtag #RVUSUFallHealthFair or email the picture to [marketing@rvu.edu](mailto:marketing@rvu.edu) for a chance to win a prize!

