

## Special points of interest:

- Learn how to reduce the sugar in your Halloween!
- Toast the leftover seeds from your Jack-o-lantern!

# Nutrition Notables

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## Happy, Healthy Halloween?

Most of us think of Halloween as a holiday for lots of candy and sweets. But it doesn't have to be that way. Halloween can still be fun without all the sugar.

Wondering how? Try a few of the following tips for a fun and healthy Halloween.

**Host a Party**—Have a Halloween party for friends and their children instead of going trick-or-treating. You can bob for apples, have a costume contest and play games for non-food party favors. They can drink hot spiced cider and eat roasted pumpkin seeds (see below). Try having a pumpkin carving contest and then save the

seeds for roasting later in the evening.

**Non-candy Foods**—Instead of candy give your trick-or-treaters other food items such as: string cheese, crystal light packets, cheese and cracker packages, single serve raisins, single serve craisins, cereal bars, granola bars, sugar-free gum, 100 calorie packs, sugar-free hot chocolate or cider packets, etc.

**Non-food Treats**—Another option is to give your trick-or-treaters non-food Halloween party favors or small items from the dollar store. You can get pencils, erasers, glow sticks,



## Have a Healthier Halloween!

stickers, crayons, whistles, bottles of bubbles, temporary tattoos, bookmarks, false teeth, just to name a few.

## Toasted Pumpkin Seeds

First, remove the seeds from pumpkin and take the strings of pumpkin pulp off the seeds. Rinse the seeds and allow to air dry for at least 1 to 2 hours.

Coat the seeds with a bit of olive or canola oil. Use approximately 1 tablespoon of oil for each 1/2 cup of seeds you have.

Next, season the pumpkin seeds with spices as desired. Good ones to try are garlic

powder, cayenne powder, black pepper, Mrs. Dash, chili powder, Mexican style chili lime seasoning, pumpkin pie seasoning, Garam Marsala, Cajun spice mix, and Italian dried herb mix. Mix more than one spice together to get your own personal flavoring mix. If you're not sure what to mix, the internet is a great place to find suggestions for seasoning mixes. If you like your seeds plain, that's fine too.

Pre-heat oven to 300°F. Place in an even layer on a baking sheet and bake at for 15 minutes, or until reach desired brown color. Stir the seeds every 5 minutes during baking.

Allow the seeds to cool completely before storing.

They can be stored in an airtight container on the counter for 3 months, or in the freezer for up to 1 year.