

# Happy and Healthy Halloween Ideas



## Fall 2022

*The weather and leaves are starting to change. For many, preparation for the seasons of Halloween and Fall has already begun. Lists are being made, with our minds filled with ideas of decorations, parties, costumes and of course... SNACKS and TREATS!!*

*When it comes to snacks and treats, you may be surprised how simple it can be to make some of the healthiest and most decorative Halloween foods.*

*When planning for your healthy snack options, remember the appearance is just as significant as the taste. Decide what foods and food groups you would like to include and get creative with toppings, colors and spooky snacks. We have included some inspiration right here to get you started.*

### Creative Shopping List:

Carrots and Celery  
Bell Peppers (all colors)  
Olives (black and green w/pimento)  
Strawberries/Blueberries/Bananas  
Raisins/Chocolate covered or plain  
Chocolate Chips  
Mandarins and Kiwis  
Dragon fruit

## Creating Your Healthy Options Fruit and Veggie Inspo

### Banana Ghouls:

½ cut bananas and add eyes and mouth with chocolate or even raisins

### Bad Apples:

Connect 2 apple slices with some nut butter and add toppings for eyes and teeth to create these creepy bad apples.



### Frank-en-Friends Toasties:

Toasted bread or even crackers work well with adding some meat and cheeses, olives, etc. to make some spooky monster snacks.

### Pepper Jacks:

Bell Peppers carved as "Jack O 'Lanterns" fill with other veggies like carrots, celery, bell pepper, etc.

