



Healthy and Green Halloween Ideas

If you want to see something scary on Halloween read some of the ingredients on those giant bags of Halloween candy. There you'll see partially hydrogenated oil, high fructose corn syrup, alkali, chemicals, artificial colorings and more.

For those looking for greener, non-candy items to pass out to trick-or-treaters and party guests, here is an abbreviated list of suggestions from Green Halloween (www.greenhalloween.com):

- seed packets
- coins
- pencils
- stickers
- polished rocks, sea glass or seashells
- card games, tricks, jokes
- barrettes
- balls and spinning tops
- mini pumpkins
- beads
- crayons
- trading cards

Hosting a festive Halloween get-together? Remember to use reusable decorations and party ware (plates, napkins, cups) or go green with recyclable bamboo options. Reduce the need for utensils by serving finger foods only.

Get inspired with presentation. For example create your own jack-o-lanterns with a slice of orange or mango decorated with raisin eyes and mouth. Even everyday snacks and lunch foods can be dressed up easily with a few scary reusable spider rings, eyeball (super balls) and skeleton toothpicks. Also cookie cutters make any food fun. Think outside the bag of Halloween candy and supermarket baked goods and whip up your own fun foods. Here are a few ideas to get you started:

- A special color themed veggie and fruit platter (or skewer on popsicle sticks):
 - Black: olives, black beans, poppy seeds, raisins/currants
 - Orange: bell peppers, oranges/mandarins, carrots, squash, sweet potato, tomato, mango
 - Green: green apples, edamame, bell peppers, leafy greens, broccoli, kiwi, celery, avocado, peas
 - Seasonal: pumpkins, acorn squash, butternut squash, sweet potato, cabbage, apples, pears
 - Dip options: yogurt, red pepper sauce, spinach hummus, black bean puree
- Roasted pumpkin seeds
- Non-nut trail mix – cereals, raisins, dried cranberries, dried apricots
- Organic Popcorn – try popping the real thing and watch the pot pop (from a safe distance) or use an air popper
- No sugar added fruit leather
- No sugar added organic apple sauce
- Homemade gingerbread cookies in spooky shapes – or make a gingerbread haunted house
- Sandwiches cut with spooky cookie cutters
- Cheese cut with spooky cookie cutters and served on crackers
- Homemade pita or tortilla chips – cut tortillas into scary shapes using cookie cutters, then toast in the oven until crisp. Serve with dip (above)
- Whole wheat bread or brown rice cakes topped with pumpkin butter
- Jiggly juice blocks/molds - made from gelatin or agar agar and fruit juice