



## October 2011- Healthy Halloween Party Ideas

Happy New School Year! The Parkland Health and Wellness Committee is pleased to bring you monthly articles that focus on wellness for the entire family.

Consider serving these Halloween snacks in the month of October, at Halloween parties, or just to have some fun in the kitchen with your kids!

### Fruits

- Orange wedges arranged around a small pumpkin
- Small bunches of green and red grapes in small Halloween cups
- Abracadabra Wands
  - Apple chunks, grapes, low fat cheese threaded on long thin pretzel sticks
  - Children can participate in preparing their own wand

### Vegetables



**Skeleton with Brain Dip** - A fun way to try a variety of Vegetables

Directions:

Pour dressing into a small bowl lined with lettuce leaves to resemble hair. (It should stick up at the top.)

Starting with the bowl as the head, form a skeleton shape by arranging any or all of the vegetables: lettuce, green pepper, red pepper, cucumber, snow peas, mushrooms, celery, carrots, cherry tomatoes, cauliflower. Be creative!

Pumpkin Muffins: Click here for a *Cooking Light* recipe that combines whole wheat and white flour and uses applesauce along with canola oil to decrease the fat found in many muffins. [http://food.cookinglight.com/cooking/recipefinder.dyn?action=displayRecipe&recipe\\_id=1120324](http://food.cookinglight.com/cooking/recipefinder.dyn?action=displayRecipe&recipe_id=1120324)

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## The Parkland Community Advisory Council (CAC) Invites You to Our October Meeting

The October CAC meeting topic will be "Signs and Symptoms of At-Risk Behaviors" and given by Connie Harakal, the Student Support Team leader at Parkland High School and Robert Thornburg, Director of Student Services on Thursday, October 20, 2011 at 7:00 p.m. at the Administration Center. The public is invited to attend.