

Healthy HALLOWEEN Snack Ideas

Food is often the central theme for many holidays or celebrations. Involve kids in the planning and preparation of healthy snacks listed below. The key is to present foods in a fun and creative way. Enjoy!

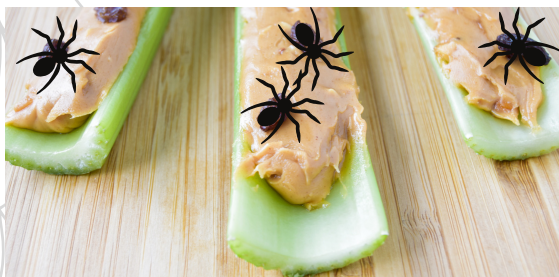
This is such a quick and fun snack for lunch boxes or Halloween parties at home or at school. Simply peel a mandarin, clementine or other small orange and add a stick of celery or cucumber to the top for a pumpkin shape!



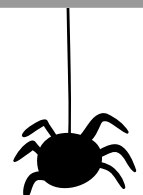
Pumpkin Muffins are always a hit with kids. Try using Halloween-themed paper baking cups for a festive touch. Don't forget to make a double batch and freeze some for another time! Here is a [recipe](#) using whole wheat flour and delicious currants or raisins.



How much fun are these mummy pizzas? Use whole-grain English muffins with marinara sauce as the base. Top with veggies like sweet peppers, tomatoes and mushrooms. Lay cheese strings in pieces across the muffins like mummy bandages, and use olive slices for eyes! Bake in the oven at 400°F for 10 minutes.



Spiders on a log! Add hummus or peanut butter to celery sticks and place some fake spiders on top for a spooky and nutritious Halloween snack.



Have some fun designing your own Halloween creature with raw vegetables such as carrots, cucumber, celery, sweet peppers, broccoli, cauliflower and cherry tomatoes. For a dip, try tzatziki or hummus and watch the kids devour it! This is a great snack for classrooms, or pre- or post-trick-or-treating.



Pumpkin Energy Bites are quick and easy to make, and don't require any baking! They are loaded with pumpkin, oats, chia seeds and more. Check out the [recipe](#) on the Nourish Nova Scotia website.



Have the kids decorate their own fruit cups or unsweetened applesauce cups as their favourite jack-o'-lantern face. Mozzarella cheese sticks make the perfect ghost. Grab a black permanent marker and some green construction paper and create!



Other great ideas for Halloween parties include Halloween-themed tattoos, stickers, pencils, playdoh, glow bracelets or necklaces. There are many creative ideas that don't have to include food.

HAVE A SAFE AND HAPPY HALLOWEEN!