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October 2022

Healthy Halloween Celebrations!

There are many ways to enjoy a sweet and healthy Halloween! This spooky season is often paired with sweet treats and desserts that are high in added sugars. To encourage healthier eating habits, we want to try and enjoy these sweet treats in moderation.

Continue reading for some ideas to share with your family for a healthier Halloween celebration!

There are various treat options to pass out on Halloween night! Ideas include mini boxes of raisins, popcorn, or individual snack

cracker or trail mix packages. There are even low-cost non-food items like bookmarks, fruit shaped erasers, or stickers that could be passed out to trick-or-treaters. Think of ways to encourage more snack fruits and vegetables and consider setting a limit for how many pieces of candy everyone can have a day or per week. Additionally, offer a healthy snack before enjoying a piece of candy. Healthy snacks can be fun by preparing them with your child's help and being creative together. Examples include, creating a smiley face with sliced bananas and raisins or using cookie cutters

to make fun and easy shapes. Let children create their favorite trail mix combo with ingredients like dry whole-grain cereal, dried fruit, and unsalted nuts. In addition to snacks, do not forget that

sweet treats include soda and other sweetened drinks. Offer water, 100% juice, or fat-free milk when children are thirsty and make soda an occasional treat.



Celebrations and parties

Take advantage of the fun Halloween spirit by trying a new recipe that contains one ingredient you think most of your guests may have never tried before. Guests can pretend to be 'detectives' or 'spies' as they guess the new ingredient! Include other tasty

snacks like whole-grain crackers, vegetables with hummus, or fruit kabobs with low-fat yogurt as a dip or sauce. Other ways to practice moderation are to use smaller plates or bowls for desserts and to share a candy bar or cupcake. Keep the party theme going by dancing to your favorite music and playing active games.

Have a fun, safe, and healthy Halloween!

Written by Brenda Anderson, Southeast Regional Project Specialist – Better Living for Texans
Source: <https://www.myplate.gov/tip-sheet/start-simple-myplate>
Photo: Canva.com



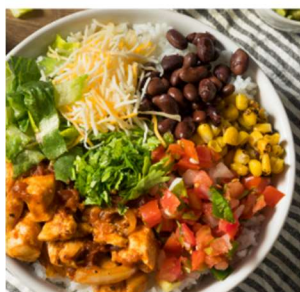
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BLT programs are FREE and are designed & funded to be delivered to SNAP-eligible audiences. We offer adult and youth programs.

Get the Facts (Obtenga los Datos) is a 4-session series to help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size. Free item at every session!



A Fresh Start to a Healthier You! (¡El primer paso hacia una vida más sana!) is a 4-session series for adults to increase fruit & vegetable intake, cook nutritious meals, adopt better food safety habits, and spend less on groceries. Free item at every session!

Be Well, Live Well (Estar bien, Vivir Bien) is a 5-session series. Adults 50+ will learn how to reduce disease risk and engage in a healthy lifestyle while aging, by learning which nutrients to focus on, food label reading, kitchen safety, meal planning for small households, and the benefits of physical activity while aging. Free item at every session!

Growing and Nourishing Healthy Communities (Creciendo y Nutriéndose Curso de Horticultura para Comunidades Saludables) is a six-session series to learn basic garden techniques such as how to select a garden location, how to compost, plant and water, and control insects. Participants will do a hands-on planting activity and receive free garden items!



Healthy Carbohydrates is a 4-week series that teaches participants to choose healthy types and portions of carbohydrates to help decrease chronic disease risk. Free item at every session!

Walk 'n Talk is an 8-week series in which participants learn how to use walking or other activity for fitness and how to include more fruits & vegetables in their daily routine. Free item at every session!



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Below are Better Living for Texans programs Happening at a community center near you!

Precinct 4 Thomas A. Glazier Senior Education Center, 16600 Pine Forest Lane, Houston: ***Walk n Talk*** 8 week physical activity and nutrition program started October 4th!

Precinct 1 El Franco Lee Community Center, 9500 Hall Rd., Houston: ***Growing and Nourishing Healthy Communities*** 6 week adult garden program started September 27th!

Precinct 1 Beauty's Community Garden, 3201 Airline Dr., Houston: ***Growing and Nourishing Healthy Communities*** 6 week adult garden program started September 24th!

Precinct 2 Maxwell Adult Center, 1201 Center Street, Deer Park: ***Healthy Carbohydrates*** 4 week adult nutrition series started October 5th!

Precinct 4 Jim & JoAnn Fonteno Senior Education Center, 6600 Bissonnet St., Houston, ***A Fresh Start to a Healthier You*** 4 week adult nutrition series starts Oct. 31st!



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**In Harris County your BLT Extension agents are found at
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Recipe of the Month

Recipe and photo source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix that can be tossed together and enjoyed instantly while you are on the go, no cooking required.

Serves: 8

Ingredients:

- 2 cups crispy rice or wheat cereal
- $\frac{1}{2}$ cup roasted whole pumpkin seeds
- $\frac{1}{3}$ cup slivered almonds
- $\frac{1}{2}$ cup dried cranberries
- 2 cup raisins

Directions:

1. Wash hands with soap and water.
2. Mix all ingredients together and serve!



Nutrients Per Serving:

199 calories, 11 g total fat, 2 g saturated fat, 0 mg cholesterol, 121 mg sodium, 23 g carbohydrates, 2 g fiber, 11 g total sugar, 4 g added sugar, and 6 g protein

Total Cost: \$\$\$\$



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