



Backpack Program

SNAP - Supplement Nutrition Assistance Program

October 2013

Healthy Halloween Tips

Halloween is a time for kids to have fun but it can also lead to them eating way to many sugary foods. Here are a few tips to make sure all kids stay healthy this Halloween.

Set an amount of candy that your kid can have that day and then put the candy away after they have reached their limit.

Eat a healthy meal before trick or treating so kids don't fill up on candy while they are out.

Give out healthier snacks instead of candy such as, whole grain cheddar crackers, pretzels, raisins, or trail mix.

Give out non-food items such as stickers, glow sticks, and temporary tattoos.

Make sure you and your kids walk (skip, run, hop, jump, whatever!) from house to house instead of driving.

Remember to stay healthy and have fun this Halloween.

Get More Calcium!

It is important to build strong bones when you are young but sometimes it can be hard to get kids to drink enough milk. Luckily there are plenty of other ways to get the calcium they need in foods that they will enjoy eating.

Include low-fat cheese to dishes such as omelets, sandwiches, cheese and crackers, and you can also melt cheese on top of veggies.

Make chocolate milk with skim milk (or fortified soy/almond milk) and a bit of chocolate syrup. You can also mix milk with a flavored instant breakfast mix or use milk in hot chocolate.

Eat fruit with cottage cheese or yogurt; add granola for a yogurt parfait.

Swap a high-fat dessert like ice cream for low-fat or fat-free frozen yogurt.

Fortified foods such as orange juice and cereals are also a good way to get your calcium.

However you choose to get your calcium, make sure kids get enough calcium to make sure they build strong bones for the rest of their lives.



Written by:
Sandra Twohill
Dietetic Intern
Food Bank of Delaware
14 Garfield Way



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Jack-O-Lantern Sweet Potato Fries

- 2 very large sweet potatoes
- 1/4 cup coconut oil or vegetable oil
- 3/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/8 teaspoon cinnamon
- 1/8 teaspoon cayenne



To begin, you'll need two fat, round sweet potatoes. Look for the biggest ones with the most even girth. Peel the skin from both sweet potatoes. Slice the tip ends from the sweet potato, leaving the thickest part of the middle. Use a sharp knife to cut a small "V" shape in the center of the sweet potato. Slice the sweet potato into 1/8" thin slices. Use a small, sharp knife to "carve" jack-o-lantern faces into each sweet potato slice. Lightly brush slices with oil then dust with spice mixture. Place the sweet potato fries on a cookie sheet and bake in an oven preheated to 400 degrees for 20-22 minutes, or until barely golden brown around the edges.

Source: <http://www.babble.com/best-recipes/jack-o-lantern-sweet->

Help Frankenstein find his head

Start Here

Fruits and Vegetables in Season Now



- Apples
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Kale
- Pumpkin
- Radishes
- Spinach
- Sweet potatoes
- Turnips

