

Halloween Treats

Safe treats that will help a Child grow are:

- Fresh fruit
- Scratch-made whole-grain cookies, low in sugar
- Pencils & small note pads
- Small toys, like bouncy balls
- Stickers
- Let your imagination go wild!

A Treat the kids can make



Large apples
Creamy peanut butter
mini marshmallows, candy corn, or almond slivers
(to make teeth)
Sprite or lemon juice (to keep apples from browning)

Community of Christ Health Ministries Association
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A Healthy Snack you can make at home

Trail Mix

2 cups low-sugar, whole-grain cereal
1 cup raisins
1 cup dried fruit, like cranberries, apricots, apples, or papaya
1 cup nuts, like walnuts, almonds, or pistachios
1 cup sunflower seeds or pumpkin seeds (pepitas)
1 cup dark chocolate chips
Big bowl
Small zip-top bags

You should be able to make at least 2 dozen snack bags from this recipe.

Why Trail Mix Is Healthy for You

Whole grains in the cereal give you energy
Fruits have vitamins that help your eyes and skin.
Nuts have protein that helps make your muscles strong.
Sunflower seeds and pumpkin seeds give you fiber.
Dark chocolate may be good for your heart.

Trail mix is a fun snack that offers satisfying crunch and sweetness with more nutrients than snacks like cookies or chips. This recipe is best for kids ages 4 and older, because some ingredients may be a choking hazard for younger children.