



*making each day a little healthier*

## **Nutrition Tips**

**Finger Foods.** Kids are more likely to eat foods that look interesting and Halloween is a perfect time to get creative to make shapes and designs with foods that kids (and your spouse) might otherwise not consider.

- Gather different veggies and veggie slices. Use a black bean or hummus dip for the face and arrange the veggies in a shape that resembles a cat, bat or witch.
- You can make cheese sticks look like monster fingers with a little carving and by adding a simple accent. On one end of the cheese stick, carve out what would look like a fingernail. Add some slits in the middle and at the other end to resemble knuckles. Place a small piece of green pepper or a slice of black olive where the fingernail would be and you will have monster digits.

**Snack-ó-lantern.** Create a healthy, fun and festive snack with pumpkin seeds. Simply separate the seeds from the pulp, rinse in warm water, lay the seeds on a cookie sheet, sprinkle generously with salt or your favorite seasoning, and bake at 350 degrees for about 20 minutes.

## **Fitness Tips**

**It's All Good.** Make sure that you focus on the positive aspects of physical activity. Avoid competition, discipline and embarrassment—things that can turn fun into moments of dread, particularly if a child is new to sports or exercise. Praise effort and participation. Explore a variety of physical activity options for the family and each child.

**A Parents Biggest Job.** As a parent, it's up to you to play the biggest part—bigger than a teacher, more important than a fitness professional. Your children look to you for examples on how to talk, dress, act and lead a physically active—or inactive—life. Get moving yourself. If you are new to exercise, the perfect start is to take a family walk after dinner! Once you get moving in the fitness direction, chances are good that you will be inspiring behaviors that will last a lifetime.

## **Health Tips**

**October is Children's Health Month.** This month is used to remind us about the importance of making health a priority for our kids. Poor eating and exercising are major risk factors for a number of cancers and diseases. Adults can be role models for kids and kids can be role models for their peers and even their parents.

**October is also Dental Hygiene Month.** A Healthy Smile Lasts a Lifetime. The signs and symptoms of many diseases appear in the mouth first. A proper oral health care routine, along with regular visits to your dental hygienist, can help promote a healthy mouth and a healthy body. See your dentist at least twice a year, at a minimum brush after breakfast and dinner, and floss daily.

**Halloween Safety.** Carry a flashlight when you are trick-or-treating and toss any opened candy.