Calcium // Look Beyond the Milk Jug

CALCIUM

LOOK BEYOND THE MILK JUG

LIVE WELL UTAH

Need more calcium in your diet? You don't have to get it from a glass of milk– try our Green Eggs and Ham for a calcium boost!

A favorite Dr. Seuss story, "I Do Not Like Green Eggs and Ham," has a great ending with Sam I Am deciding that he does like green eggs and ham. You may also find that green eggs and ham can be a great addition to your health.

Calcium, the most abundant mineral in the body is an important component to daily health. Although it is an essential mineral for our bodies, the majority of Americans do not take in enough calcium for their body's daily use. Calcium is a key factor in maintaining good health. It is essential for building and maintaining bones and teeth, for keeping a regular heart beat and reduced blood pressure, for the transmission of nerve impulses and muscle contraction and the maintenance of cell membranes. New research shows that calcium can protect against colon cancer. Adequate calcium intake may reduce your overall risk of colon cancer and suppress the growth of polyps that can lead to cancer.

Most Americans realize that calcium builds strong bones and helps in keeping them strong later in life to prevent osteoporosis. Yet most Americans only consume half of the daily amount of calcium they need from their diet.

Calcium is excreted every day through sweat and body waste. To prevent bones from taking calcium from the blood and body, replenish your body daily with foods rich in calcium and vitamin D. Such foods high in calcium are dairy products, kale, almonds, sardines and canned salmon with bones, oranges, broccoli and sweet potatoes. If you do not get enough calcium from the foods you eat, change your diet or take calcium and vitamin D supplements. Your body needs vitamin D to help

absorb calcium. Vitamin D comes from the ultraviolent sun rays and from fortified foods such as eggs, liver, oysters and fish.

The best ways to increase calcium are with increased dairy products (3-4 servings a day), additional dark green vegetables and foods with added calcium.

As we age, our metabolism and ability to absorb nutrients decreases. It is critical that we increase the amount of calcium we intake daily. Women over 50 and men over 65 need to consume 1,200-1,500 milligrams of calcium daily. Additional Vitamin D is also needed for absorption of calcium since many people do not get enough sun and skin no longer absorbs the vitamin D as it did in younger years.

Calcium intake is a global concern – especially in countries that do eat many dairy products. New research being conducted by USDA Children's Center is adding calcium to carrots and other veggies. Watch for calcium-boosted carrots in the grocery store.

Now you can see how important it is to begin to like our "Green Eggs and Ham."

Green Eggs and Ham

3 eggs
1 tablespoon all-purpose flour
2 tablespoon butter, melted
1 cup 2% reduced-fat cottage cheese
1 1/2 cups shredded sharp cheddar cheese
1/8 teaspoon hot pepper sauce, or to taste
1 cup spinach leaves, loosely packed
12 thin slices ham

Instructions

1. Preheat oven to 350F. Prepare muffin tins.
2. Combine eggs, flour, butter, cottage cheese, cheddar and hot sauce in a food processor or blender. Process until well blended. Add spinach and pulse briefly. Do not over-process; green flecks should be visible.
3. Line muffin tins with ham slices, pressing down with fingertips. Pour about 1/3 cup egg mixture into each tin.
4. Bake 20 to 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Serves 8-12 people

I

This article was written by Carolyn Washburn, Utah State University Extension associate professor, carolyn.washburn@usu.edu.

Using Herbs and Spices // Keep the Flavor, Lose the Calories

HERBS & SPICES
KEEP THE
FLAVOR
LOSE THE
CALORIES
LIVE WELL UTAH

Charlemagne, Emperor of Rome, known for his good health, said, “An herb is the friend of physicians and the praise of cooks.” Try these tips for using herbs as a healthy and flavorful alternative to fats, sugar and salt.

If you are trying to find ways to lower the amount of sugar, fat, and salt in your diet, you may find that herbs and spices are a good solution.

Using Herbs to Reduce Fat, Sugar and Salt

Fat, sugar and salt all add flavor to the foods we eat and enjoy. They also add calories and cholesterol. We can add flavor to many foods and decrease the fat, sugar and salt by using herbs and spices in many recipes.

One tablespoon of fat can equal 100 calories. A great substitute is to purchase fat-free salad dressing, margarine, yogurt, sour cream and cream cheese, then add flavorings of your choice with herbs such as thyme, rosemary or tarragon. You will be surprised at the great flavor they provide without adding calories.

Herbs and spices can also reduce the amount of sugar you may need in foods. Ginger, whether fresh or dried, is an excellent sweetener. Keep a little ginger root in your freezer and grate off the desired amount when cooking. Carrots, sweet potatoes and other foods combined with a little ginger root are sweet and tasty.

Herbs and spices can complement nearly all cooking. Using them will help reduce the amount of salt your recipe may need. You will find that you can flavor with the herb, then leave out some of the salt.

Experiment with spices and herbs in your sauces, vegetables, drinks or desserts. Keep in mind that the amount you use and when you add it to your ingredients will depend on if you are using fresh or dried herbs. If using fresh herbs, you will add three times the amount of dried. Dried herbs are added at the beginning of cooking, and fresh herbs are added at the end of the cooking time. Store fresh herbs in the refrigerator and dried herbs in the cupboard out of direct sunlight. If you add a little too much seasoning when cooking, throw in a piece of potato and let it absorb the extra flavor. Remove before serving.

These herbs are some that I wouldn't want to be without. They add flavor to many foods:

- **Basil** is absolutely essential for Italian cooking. I can't imagine a summer without fresh pesto.
- **Chives** are prized for both their extensive cooking applications and their gorgeous silhouette in the garden.
- **Cilantro** is used liberally in Latin American cooking, and its cool flavor is one of my year-round favorites. I love pomegranate and cilantro salsa.
- Tall **dill** plants waving in the breeze are a welcome sight in any garden. The seeds *and* herb are used in all sorts of vegetable recipes and bottled pickles.
- Although **mint** has the tendency to take over wherever it is planted, the aromatic herb adds pizzazz to summertime lemonade, smoothies and is refreshing in teas and many recipes.
- **Oregano** is another Italian food staple, and it's also wonderful in egg recipes such as omelets.
- Don't just use the little sprigs of **parsley** as plate garnish: toss it into salads, soups and vegetable recipes.
- **Rosemary** grows wonderfully in St. George. On the patio, it is sheltered from the winter cold and the summer

heat. Once your taste buds have experienced fresh rosemary, they will go on strike if you serve the dried variety.
- **Thyme**, growing in a garden, has an enticing aroma. It's also a favorite in fish recipes.

Try growing your favorite herbs in the yard, garden boxes, flower pots or even in the house. They add beauty, flavor, aroma and are a wonderful conversation piece.

Minted Cucumber Salad

- 4 cucumbers, peeled, halved, seeded and sliced
- ½ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- 1 orange rind, grated
- ½ cup olive oil
- 1 cup red wine vinegar
- ¼ cup sugar substitute

Toss cucumbers in bowl with mint, rind and parsley. Whisk oil, vinegar and sugar substitute. Pour over cucumbers and chill for 4 hours.

This article was written by Carolyn Washburn, Utah State University Extension associate professor, carolyn.washburn@usu.edu.

Eating Healthy in Challenging Times

EATING HEALTHY IN CHALLENGING TIMES

LIVE WELL UTAH

Check out these tips keep healthy food on your table no matter your financial situation.

We live in times that are unique to anything we've ever experienced. Our economy has brought about challenges, and many people are trying to survive on their paychecks. Layoffs, cutbacks and business failures have taken their toll, and we are left to use our resources to the best of our abilities and look for ways to make the most of what we already have.

Where do we pull money from when finances are tight? What is the most flexible budget item we have? It's the food budget. A lot of the other expenses don't change a lot from month to month. The mortgage or rent doesn't change, utilities are basically constant, so if the car breaks down or the kids need new shoes, it seems easiest to take the money from the food budget. That may leave many people living off ramen noodles or macaroni for the rest of the month.

Believe it or not, a few of the following simple behavior changes can reap big savings on the food budget, and a family can eat healthy meals inexpensively.

1. The first thing you need to do is learn to plan. You can't expect to get good results unless you put a little forethought into the process. Take note of what's on hand. What's in the refrigerator? This includes leftovers. What's in the pantry? What's on sale at the store? Begin to plan menus using this information. Try to build the main part of your meal around rice, noodles or other grains. Use small amounts of meat, poultry, fish or eggs. Plan snacks that give your family the nutrients they need. Buy fresh fruits and vegetables in season. Keep them handy instead of potato chips. Use planned-overs to save time and money. Prepare a roast, serve half of it and freeze the remaining half to use

later for sandwiches, soups or stir frys.

2. After you've planned your menus, make a shopping list and stick to it. This helps avoid impulse buying. How often do you go into the store needing one thing and come out with a whole cart full of groceries?
3. Shop alone, when you're not hungry. When children accompany you, you tend to buy items you did not intend to buy. When you are hungry, everything looks good and you end up with a lot of unnecessary items.
4. Incorporate beans into your diet. These are a very inexpensive protein and can stretch a meal a long way.
5. Cook meals from scratch rather than using convenience foods. It's far cheaper. You can save a lot of money by washing your own lettuce, slicing your own cheese or peeling your own carrots. Don't pay extra for individual serving sizes. Buy yogurt, applesauce, cereal and snacks in large containers. It only takes a few moments to transfer servings into bags or reusable containers to pack in your lunch.
6. Compare fresh, frozen and canned food to see which is cheapest. Seasons affect the prices. One type is not always cheaper than another.
7. Use the cheaper store brands rather than name brands. Advertising costs add extensively to the cost of an item.
8. Cook soups or casseroles in large amounts and freeze for later meals. Cook once, eat twice. This saves time and money.
9. Buy items that are in season, on sale and available in bulk. Buy the large package of ground beef and divide it into meal-sized portions.
10. Change your eating habits. Give up luxury items like potato chips and soda. Cut down on fast foods. Our society has become very dependent on it. Some reports say we spend as much as 65 percent of our food budget on fast food! Much of this food is high in fat and calories

and not as nutritious as cooking your own.

It is possible to eat healthy meals on a reduced budget. It will take planning and effort, but the results will be well worth it!

This article was written by Ellen Serfustini, USU Extension FCS Agent, Carbon County

---

Healthy Snacks for Kids

HEALTHY SNACKS FOR KIDS

LIVE WELL UTAH

With Halloween behind you, it's likely that you have some not-so-healthy snacks around your house. Encourage your kids to make healthy food choices with these healthy snack ideas.

Snacks can and should be part of every child's diet. Children's stomachs are small, so they need snacks between meals to supply them energy to keep them going. In the summer, a light midmorning snack can hold them over until lunch, and a healthy afternoon snack gives them the added oomph to make it to dinner time. Kids receive one-quarter of their calories from snacks. Since they are usually very active, especially in the summer, they need those extra calories to keep them going.

Often we associate snacks with junk food. However, snacks should be nutrient-laden foods that supply vitamins and minerals to help kids' bodies grow and develop.

Kids love choices. If all the choices you give them are reasonably nutritious, then everyone is happy. Your kids get their choice of what to eat, and you are assured they are eating healthy, nutritious foods.

You probably have your own tricks to get your kids to eat healthy snacks, but here are a few more tried and true methods to help entice little ones.

Kids love anything they can dip!

Give them a baggie full of carrot and celery sticks, cherry tomatoes or sugar snap peas from the garden. Make low-fat ranch dressing and let them dip.

Slice fruit to dip in yogurt or applesauce.

Make it fun! Kids love to construct their own snacks.

Thread fruit chunks on toothpicks or make ants on a log (peanut butter on celery topped with raisins). Make mini sandwiches from crackers or cut up bread. Add cheese, lunchmeat and a small cookie cutter to make tiny, fun-shaped sandwiches. Or make a lion's face made from a rice cake with peanut butter spread on it. Top with grated carrots for the mane, raisins for eyes and apple slices for a mouth. Kids can be creative, then they get to eat their artwork.

Freeze healthy treats.

Frozen grapes are cool like Popsicles and sweet like candy, but have plenty of vitamins and fiber. Try bananas rolled in chocolate syrup and nuts, peach and nectarine slices and berries of all kinds. Make your own milkshakes with fruit and milk or juice.

Make it bite sized!

Cut up watermelon or cantaloupe. Or use mini cheese chunks with crackers, grapes, baby carrots and cherry tomatoes for a handy, pop-in-the-mouth snack.

It's a good idea to have a few things prepared ahead of time. When kids burst through the door, they will grab the first thing available. It's easier to gobble down a few handfuls of chips than to take the time to peel and cut up fruit. So…designate a shelf in the refrigerator for snacks, and anything on that shelf is okay to eat. Keep the shelf stocked with several choices so you don't have to worry about the kids eating junk food.

Try to include all the food groups to get well rounded

vitamins and minerals.

Older kids seem to be in more of a hurry and don’t like to construct their snacks. Do you know a teenager who will take the time to slice and cut a watermelon? Make sure the watermelon is cut in bite-sized pieces. Make sure there are grab-and-go snacks on the shelf. Have the string cheese handy. A little preparation will produce healthy results.

This article was written by Ellen Serfustini-USU Extension FCS Agent.

Trick-or-Treat: The Truth About Sugar

CANDY CANDY CANDY

THE NOT-SO-SWEET TRUTH ABOUT SUGAR

LIVE WELL UTAH

Happy Halloween! Today we've got the scoop on candy and sugar. Not everything about sugar is sweet!

Sugar:The Trickiest Treat There Is

It's Halloween night, and you know what that means: candy. Research states that 156 million Americans participate in Halloween, and 95 percent of those people will purchase candy as the treat. That candy adds up to **600 million pounds** each year, and averages out to 3.4 pounds of candy for each of those 156 million people.

To break it down even further, the average trick or treater will eat about **3 cups of sugar**, which is equivalent to 220 packets of sugar.

Sugar has become a sneaky "super-villain" of sorts; it is popping up in many items that consumers may not be aware of. According to a 2014 report from the Dietary Guidelines Advisory Committee, the major sources of added sugar in the U.S. diet are:

- Beverages: 47 percent. Those include soft drinks (25 percent), fruit drinks (11 percent), sweetened coffee and tea (7 percent), sport and energy drinks (3 percent) and alcohol (1 percent).
- Snacks and sweets such as cakes, pies and cookies: 31 percent.
- Everything else, including condiments and dressings: 22 percent.

According to the FDA, on average, Americans get about 16 percent of their daily calories from added sugars. The American Heart Association recommends the amount of sugar calories you consume should not exceed half of your discretionary calorie intake for the day. Discretionary

calories or “empty calories” as they are often called, applies to food such as solid fats and/or added sugars. These discretionary calories supply food energy but little or no other nutrition.

Group	Calorie of added sugar	Sugar intake(g)	Sugar intake(teaspoon)
Women	≤ 100	24	6
Men	≤ 150	36	9
Preschoolers		16	4
Children ages 4-8		12	3
Teenagers		20-32	5-8

Health officials say one way to make sure you and your family remain healthy is to maintain and manage sugar intake. Reading the ingredient list on food labels can tell you if the product contains added sugars. There are many different types of sugar, but the two types of sugars in the diets of most Americans are natural sugars and added sugars.

- Natural sugars are found naturally in foods such as fruit (fructose) and milk (lactose).
- Added sugars include any sugars, syrups or caloric sweeteners put in foods during preparation or processing or that are added at the table.

Two Important facts to keep in mind when reading nutrition labels and ingredients:

1. 4 grams of sugar = 1 teaspoon
2. Learn the lingo, look for the “ose.” If an ingredient ends in those letters – sucrose, fructose, maltose and dextrose – it’s a sugar. Scan ingredient lists and pass

on most foods where sugar (or a sugar alias) is listed toward the top.

Holidays and other special occasions can be tough when it comes to sugar and sweets. If you haven't already purchased candy for trick-or-treaters, try a few of these "tricky" candy alternatives. Hopefully they will make your Halloween a little bit healthier.

1. **Almonds**
2. **Baked Chips**
3. **Fruits and Veggies**
4. **Fruit Juice Boxes or Bottles**
5. **Fruit Snacks (packaged)**
6. **Glow Sticks**
7. **Granola Bars**
8. **Mini Flashlights**
9. **$$$$$$$$**
10. **Peanuts**
11. **Popcorn**
12. **Pretzels**
13. **Roasted Pumpkin Seeds**
14. **School Supplies**
15. **Silicone Wristbands**
16. **Stickers**
17. **Toothbrush**
18. **Toys**
19. **Trail Mix**
20. **Vegetable & Herb Garden Seed Packets**
21. **Veggie Snacks (packaged)**
22. **Water Bottles**

This article was written by Paula Scott, EFNEP State Director,

republished from October 2015.

References:

American Heart Association
USA Today
Live Strong
Food Network

Carve Your Pumpkin // Keep the Seeds

CARVE YOUR
PUMPKIN
KEEP THE
SEEDS
LIVE WELL UTAH

This month we'll be sharing some of our favorite pumpkin recipes. Today we're talking about pumpkin seeds– how to prepare them and different ways to use them. So as you get ready to carve pumpkins this year, don't forget to save the seeds!

When you are carving that Halloween Jack-o'-lantern this year, here is one request I have for you, keep your seeds! Did you know that 1 oz of pumpkin seeds has around 5 grams of protein? Pumpkin seeds are an easy, cheap way to add a nutritious boost to your trail mix, baked goods and granola.

First and foremost, remove the pulp and seeds from the inside of your pumpkin. I like to put the seeds and pulp in a bowl of water while carving my pumpkin. This helps to pull away all the strings from the seeds. When you have only seeds left in your bowl, give them a good rinse. Move seeds to a new bowl and sprinkle with your favorite seasonings and oil. Make sure to mix well. Next you will want to spread them evenly over a large baking tray. Bake at 350 F for 10 to 20 minutes or until lightly brown. Make sure to check and stir the seeds frequently to avoid burning. Cool pumpkin seeds and then store them in an air-tight container.

When choosing a seasoning for your pumpkin seeds, think about what you plan to do with them. The outer part of the pumpkin seed can be removed (hulled) after they have been roasted. The inner part of the pumpkin seed is a green color and is a great addition to breads and muffins.

Check out these five ways to use pumpkin seeds below:

Traditional Roast

When using this method, try different spices to give your seeds some flair. Here are some combinations:

- Cinnamon Toast Pumpkin Seeds: 1 tsp cinnamon, ¼ tsp salt, 2 Tbsp sugar, 3 Tbsp melted butter or olive oil
- Chili Pumpkin Seeds: 1 Tbsp chili powder, 1 Tbsp tamari sauce, 2 tsp garlic powder, salt to taste, 1 Tbsp olive oil
- Spicy Pumpkin Seeds: ½ tsp paprika, ¼ tsp cayenne pepper, 1 Tbsp red pepper flakes, 2 Tbsp melted butter or olive oil
- Ginger Zest Pumpkin Seeds: 2 Tbsp ground ginger, 2 Tbsp sugar, ½ tsp orange zest, 2 Tbsp melted butter or oil
- Parmesan Pumpkin Seeds: ¼ c Parmesan cheese, 1 tsp ground black pepper, 2 Tbsp melted butter or oil.

Pumpkin Seed Pesto

This one was new to me, but has quickly turned into a favorite. Making a traditional pesto with pine nuts can be pricy, but not when you are using your pumpkin seeds! For this it is important to have hulled (green) pumpkin seeds.

Ingredients- 2 c. hulled pumpkin seeds, 4 Tbsp extra-virgin olive oil, ¼ tsp sea salt, 2 Tbsp lemon juice, 3 cloves of garlic, 1 c. fresh cilantro, and ¼ c. water. Combine all ingredients in a food processor. Cover and chill until ready to use.

More Ideas

- **Add them to trail mix or granola**. Do your granola or trail mix recipes call for nuts? Reduce the portion of nuts and add pumpkin seeds for the remaining portion.
- **Add them to baked goods or use in brittle.** Instead of making a nut brittle this year, sub in hulled pumpkin seeds to make a new fall favorite.
- **Garnish soups, salads and desserts**. Add a little extra crunch to any meal by topping your dish off with pumpkin seeds!

This article was written by Jaqueline Neid-Avila, Utah State University Extension nutrition faculty for Davis County. Comments or questions may be sent to jaqueline.neid-avila@usu.edu or call 801-451-3404.

Family Mealtime on Studio 5

MAKING
BREAKFAST
A FAMILY
MEALTIME
LIVE WELL UTAH
ON STUDIO 5

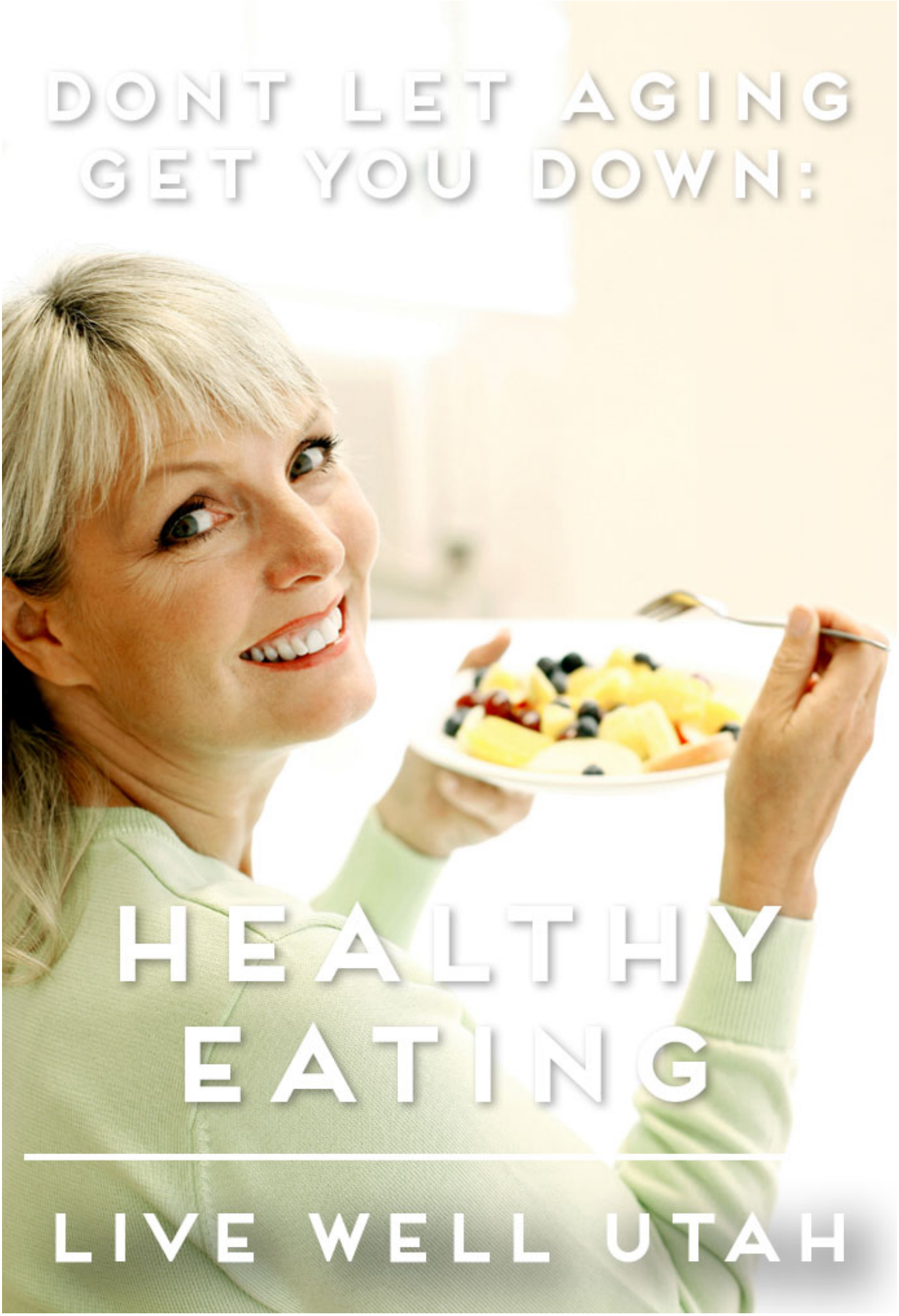
Join Live Well Utah blog editor Marta Nielsen as she talks with Brooke Walker of Studio 5 about Family Mealtime, and demonstrates some breakfast recipes from the Live Well Utah Cookbook, Family Mealtime Edition.

Did you see us on Studio 5? If you missed the show, you can watch the clip here. We have also posted the full recipes for the veggie frittata, granola, and overnight oats with all the variations.

Don’t Let Aging Get You Down

// Healthy Eating

DONT LET AGING GET YOU DOWN:



HEALTHY EATING

LIVE WELL UTAH

This is the second installment in a three-part series on aging. Read part one on mobility, and stay tuned for a post on socializing. Whether you are aging yourself, or caring for an aging loved-one, this series offers some great tips to help you.

The phrase, “You are what you eat,” seems to have greater meaning as we get older. The foods we eat in youth may not affect us immediately, but we start seeing the long-term effects of our regular diet in time. If we are not careful or wait too long to make necessary changes, aging gracefully may not be an option.

Staying healthy as we age involves not only increasing mobility and strength, but also what we take into our bodies. Exercise and nutrition go hand in hand to get the best results. As mentioned in Part 1 of the aging series, aging can lead to limited mobility and other health issues. Many diseases are associated with aging, but they can be prevented or delayed with consistent healthy habits. Remember, the choices made in youth will influence how we age, but it is also never too late to take steps toward better health.

Have you ever set out to have a good habit that stuck? Once we master proper nutrition, it is so much easier to carry it into our older years. The *Strong Women: Lifting Women to Better Health* website suggests focusing on whole foods, especially those directly from the earth. It is important to have regular meals and portions, and keep healthy snacks on hand for when you get the afternoon munchies. Smaller portions eaten throughout the day sustain energy better than three large meals.

I don’t know about you, but I notice a big difference between eating one large meal and eating smaller portions throughout the day. The large meal always leaves me feeling sluggish and

tired. I feel better throughout the day when I keep the healthy snacks with me, and it keeps me from overeating during meals.

Be aware of the calorie intake you need, because consuming more than your body needs can lead to weight gain, which leads to health concerns such as diabetes and high blood pressure. Are you aware of how your body reacts to the foods you eat? The NIH Senior Health website has some great information on how the food we eat affects our bodies. It addresses energy, weight and digestion. Below are some great recipes provided by Utah State University's Food$ense Nutrition Program. More simple recipes can be found at care.com.

Main Dishes

Casseroles

Soups

Stir Fry

Sides

Veggies

Salads

Snacks

This article was written by Kirsten Lamplugh, Intern at the Salt Lake County USU Extension office, BS in Family and Consumer Sciences

Source:

NIH Senior Health website- https://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html

---

Squash Pasta Sauce

BUTTERNUT SQUASH PASTA SAUCE

LIVE WELL UTAH

This month we'll be sharing some of our favorite pumpkin recipes. Today's recipe technically calls for butternut squash, cousin to everyone's favorite orange pumpkin. You can go with butternut squash, or get festive and substitute pumpkin. Look for small pie pumpkins for the best flavor and texture.

Ingredients

- 1 medium butternut squash, peeled and diced (substitute pumpkin, if desired)
- 2 tablespoons olive oil
- 1/2 sweet onion, chopped
- 3-4 cloves garlic, chopped
- 2 small carrots, diced
- 2 small celery stalks, diced
- 1 tablespoon tomato paste
- 2 cups milk
- Spices of choice
- Fresh herbs
- Freshly grated Parmesan cheese
- 1 lb. pasta of choice

Directions

Boil squash in salted, boiling water until tender, roughly 15 minutes. While squash is cooking, sauté onion in oil for 2-3 minutes, or until onion begins to turn translucent. Add garlic and cook for an additional 1-2 minutes. Add carrot and celery and cover pan. Cook for 5-7 minutes, stirring occasionally, until vegetables are tender. Next add in cooked and drained squash and tomato paste. Stir to combine, and remove from heat. Add ingredients to a blender along with milk. Blend until smooth and creamy. Season as desired and serve over pasta of your choice with a generous topping of Parmesan

cheese and fresh herbs.

Recipe adapted from Eat Well Utah.

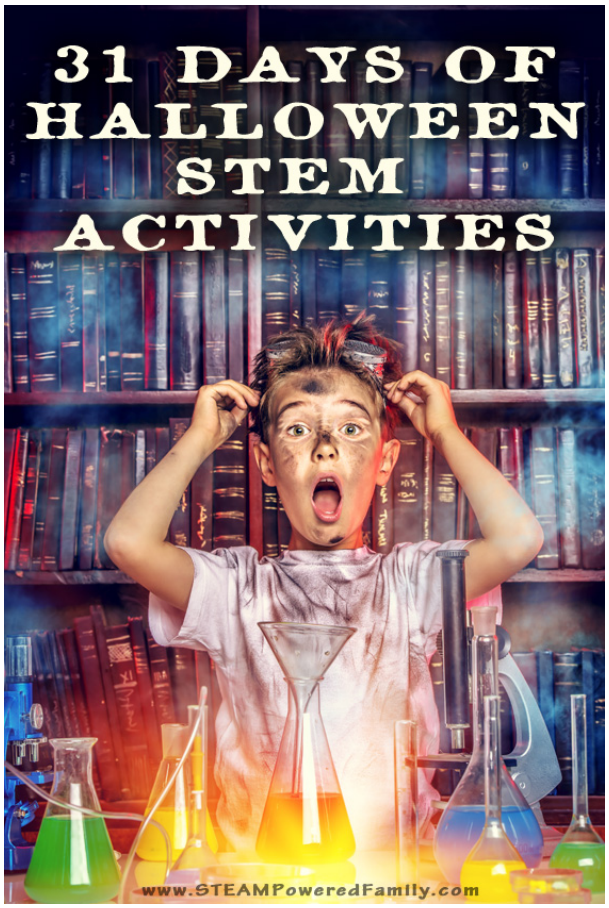
Halloween Activity Roundup

October is here, and Halloween is coming. The temperature has dropped a bit, and you may have found your kids spending more time indoors and looking for things to do. We've searched for some of the best Halloween-themed activities to do with your kids, whether for everyday entertainment, a classroom party, or a gathering with friends. Check out our Pinterest Board for even more ideas.

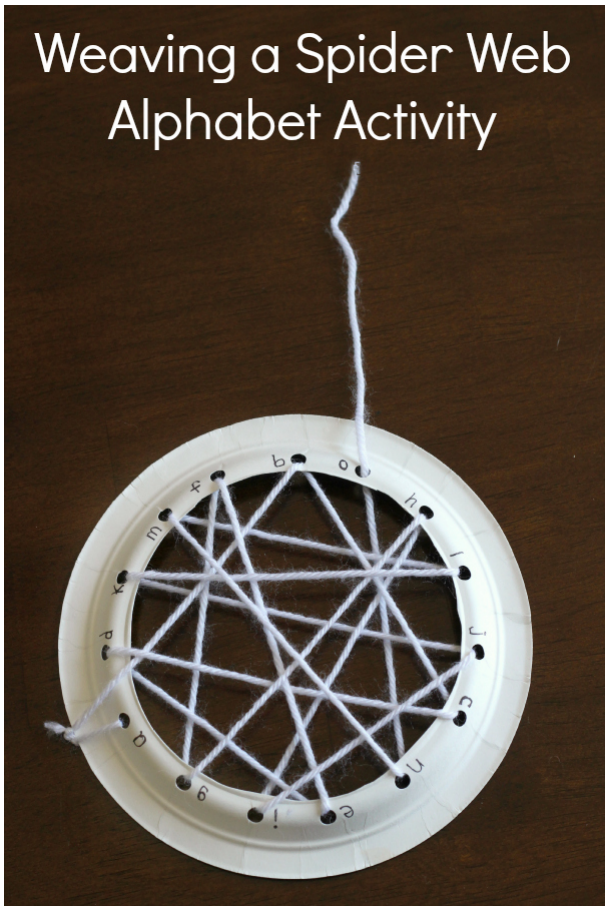
---

1. Healthy Halloween Snack Ideas from Eat Well Utah

2. 31 Days of Halloween STEM Activities from STEAM Powered Family



3. Weaving a Spider Web Alphabet Activity from Mom Inspired Life



4. Create Your Own Monster Cookie Bar from Babble

5. Spider Races from Still Playing School

6. Paper Cone Witch from Krokotak

7. Super Simple Spider Web Art from Kids Play Box

8. Self-inflating Halloween Ghost from Mama Smiles

9. Origami Bats from A Girl & a Glue Gun

10. Halloween Masks to Print and Color from It’s Always Autumn

Halloween masks

TO PRINT & COLOR

What are some of your favorite Halloween activities? Let us know in the comments!