

FALL FOOD AND FUN OCTOBER 1999

We have compiled a number of fun food and game ideas to foster the interaction of adults and youth. We hope you enjoy using them.

Jan And Janet.



FALL FOOD FUN

SPIDERS

For each spider you will need:

2 Chocolate flavored vanilla wafers

1 teaspoon peanut butter

8 chow mein noodles

2 mini chocolate coated candies



To make: spread peanut butter on bottom side of one wafer. Arrange noodles to look like legs of the spider. Top with remaining wafer. Use peanut butter to attach mini chocolate-coated "eyes."

APPLE SMILES MAKES 8 SMILES

Cut an apple into 16 slices. For each smile, spread one side of two apple slices with peanut butter. Place 4 mini marshmallows on one slice (these are to look like teeth) and

top with the other slice. Note: the spread side of the apple should be touching the "teeth."



JACK-O-LANTERN PUDDING Makes 8 servings

1 small pkg. butterscotch instant pudding (regular or fat and/or sugar free)

2 cups lowfat milk

2 cups canned pumpkin

1 teaspoon pumpkin pie spice

Non dairy whipped topping

Halloween candies for decoration



Prepare pudding by adding milk and mixing/shaking for 1 minute. Stir in pumpkin and seasoning. Pour into serving dishes and chill. Top with non-dairy whipped topping. Make a

Jack-o-lantern face in the topping using candy corn.

ORANGE JACK-O-LANTERNS

Remove the peel from a fresh orange.

Make a stem for the pumpkin with a 2-inch section of pretzel rod. Use brown colored candy corn to make a face on the Jack-O-Lantern. Inserting the pointed end into the orange leaving only the dark end to show.



THE CAT'S MEOW

- 16 oz. reduced fat sour cream
- 1 pkg. (1.5 oz) taco seasoning mix
- 1 cup chopped tomato
- 1 cup shredded lettuce
- 1 cup reduced fat shredded cheddar cheese



For cat's face:

green pepper (ears, eyebrows, nose); fresh chives (whiskers), sliced olives (eyes, mouth), cherry tomato (mouth).

Combine sour cream and seasoning mix until blended. Spread in 9-inch pie pan. Layer the following on top: tomato, lettuce, and cheese. Decorate the top to look like a cat's face. Serve with baked tortilla chips.

(Adapted from Kraft Halloween, 1998)

MAGIC WANDS



Melt several cubes of white chocolate in the microwave. Dip one end of a pretzel rod into the melted chocolate. Use as a magic wand.

BOBBING FOR BAGELS

This is both a game and a snack.

Tie one end of a long string around a mini bagel. Use processed cheese spread to make a face on the bagel. Tie the free end of the string to a broom handle. Have each person hold their hands behind their back and try to take a bite out of their bagel as it swings through the air on the end of the broom. Imagine trying to eat a swinging piñata.



SPOOKY SPICY SPLASH FOR

BATS, BROOMS, BIRDS AND BUGS

To make the Splash: Combine a 15-oz. can of Mexican flavored cheese sauce with 1-cup salsa. Heat in microwave or small crock-pot. Use the following to dip or "splash" into the warm dip.

For Bats: Cut bat shapes from green peppers. For Brooms: Make several parallel cuts in one end of a celery stick. Let celery soak in cold water overnight. The cut end will look like the bristle end of a broom. For Birds: Serve corn chips. For Bugs: Use baby cut carrots.



QUICK & EASY APPLE IDEAS

- Keep apples on hand and take them with you for a snack. Apples are ready to go as nature's portable snack.
- Chop fresh apples and include them in tossed salads for a new twist.
- Bake apples and sweet potatoes together for a great tasting side dish.
- Use apples in slaws. Grate them on a grater or slice them right off the core - there is no need to peel them first.

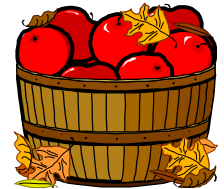
- Add apples to a peanut butter sandwich for a fun snack.
- Make apple chips. Core the apples then slice them thin. Place in a single layer on a nonstick tray and bake at 300 degrees until golden and dry, about 45 minutes. Store apple chips in a covered container for up to 1 week. Use dried apple rings in salads and for a snack.

APPLE WALNUT SALAD

1 Tablespoon olive oil
2 Tablespoons red wine vinegar
Black pepper to taste
Pinch each of thyme and sage

4 cups ready-to-serve romaine lettuce
3 Tablespoons walnuts
1 apple, cored and sliced

Mix the oil, vinegar and seasonings together in a large bowl. Toss in the lettuce, walnuts and sliced apple. Serve immediately. Optional serving suggestion: Garnish with red or green bell pepper slices. Note: Use gala, braeburn, fiji or red delicious apples for this recipe.



Source for apple information:

Communicating Food for Health, October 1999

FALL GAME IDEAS

GLIME (from Iowa State University)

For gooey hands-on fun, try this recipe.

(Note: Keep the Glime away from carpet and clothing).

Materials needed:

Elmer's type school glue gel (three 4-ounce bottles for 20 people)
20 Mule Team Borax
5-ounce plastic cups (1 per person)
zip lock sandwich bags (1 per person)
popsicle stick or plastic spoon (1 per person)



Directions:

- 1. Pour 1 bottle of Glue Gel into a glass jar. Fill the empty bottle of glue with water; shake to remove all the glue and pour in the glass jar. Repeat this process with 2 more bottles of water. This is 1:3 solution of GEL to water. (Note: This solution can be stored indefinitely.)**
- 2. Shake the glue Gel and water vigorously to mix. The solution will foam when shaken. Allow the solution to sit before using it. The solution can be colored with food coloring; add 3 drops of your choice of color.**
- 3. Make a saturated borax solution by dissolving ¼ cup borax in 1 quart of water. This solution should be dispensed from a dropper bottle such as dishwashing liquid comes in. (Note: There may be solid left in the bottom of the bottle. This is normal.)**
- 4. To make the Glime, give each person a 5 ounce cup, popsicle stick, and zip lock bag. Fill the cup half full with glue/water mixture. Add the borax solution (about 1 tablespoon) drop-wise to the glue/water mixture while the person stirs with the stick. Glime will form. If the solution has not turned to Glime, add a few more drops of borax.**
- 5. After the person is done playing with the Glime, store it in a zip lock bag. Remember to keep the Glime away from carpet and clothing.**

30 Second Orange Events

Pair up the youth; have them see how many times they can accomplish the event in 30 seconds. Rotate the youth through the orange events.

Orange Feather Fluff Run - Using a kitchen tongs, count how many times (one at a time) a youth can move an orange feather from one box to another box (3-4 yards apart). You will need a bunch of orange feathers in the starting box.



Orange Golf - Lay 6-10 empty tin cans (with both ends removed) in a pattern on the floor or outdoors on the grass. If playing outdoors, use an orange golf ball and golf club. If playing indoors, use a section of an orange noodle (used in the swimming pool) and an orange tennis ball or foam ball.

Ten-yard pumpkin walk - Use tent stakes (outdoors) or tape (indoors) to secure the ends of the 10-yard rope. While carrying a miniature pumpkin in a spoon, count the number of times a youth can walk back and forth on the tightrope.

Orange ping-pong ball blow bop - Using a ping-pong paddle, count the number of times in a row, the youth can bounce the orange ping pong ball on the paddle.

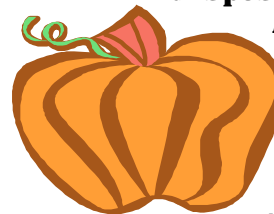
Yo, Yo, Yo - Find an orange yo-yo or put a festive sticker on a yo-yo. Count the number of times the yo-yo goes up and down.

Orange Toss - Ask the pair to stand 2-3 yards apart. Count the number of times they can toss an orange back and forth in 30 seconds.



Orange Paper Pumpkin Walk - A box of orange tissue paper pumpkins is located at one end in a shoebox; an empty box is located 5 yards away. Each youth will need a straw; that is disposed after his/her use.

At the pumpkin box, the youth picks an orange paper pumpkin from the box and puts it on the end of the straw and keeps it there by inhaling. No hands touch the paper. He/she walks to the other end and deposits the pumpkin in the box; this is a walking game. The youth walks back to the pumpkin box and picks up another pumpkin; he/she picks up and deposits



as many pumpkins as possible in 30 seconds.

Make up your own fun orange 30-second events!



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PARENT'S ROLE IN HALLOWEEN SAFETY

- 1. Young children should always go trick or treating with an adult. Older children should have a planned route in their neighborhood and have at least 2 other youth with them**
- 2. Review the safety rules for walking:**
 - Walk; don't run.
 - Cross at corners.
 - Wait on the curb until the street is clear or for a green light.
 - Carry a flashlight.
 - Look both ways before crossing a street.
 - Walk on sidewalks, not roads.
- 3. Remind children to visit only well lit houses. Accept treats only in the doorway; never go inside a house.**
- 4. Emphasize to children not to eat anything until they get home where each piece can be checked.**
- 5. Always say, "thank you."**
- 6. Give children a white bag or a bag with reflective tape to carry. Add reflective tape to costumes. Consider face paint rather than a mask. If wearing a mask, make big holes for the eyes. Make sure the costume is short enough so your child doesn't trip on the bottom**



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