

OCTOBER FOOD FOR FUN AND FITNESS

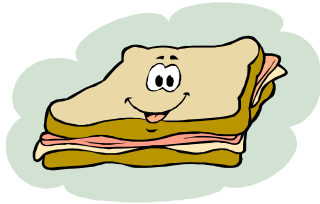
OCTOBER 2000

MONSTER MUG SANDWICHES

PBS (PICK A BETTER SNACK) STYLE

These sandwiches are a great way to celebrate October. They can be made using ALL the featured produce items for the month of October: Peas, Grapes, Carrots, Jicama and Apples. You can also use pork for the filling in honor of Pork Month! Here's how to do it:

Make a sandwich using a hamburger-type roll for the bread and your favorite filling (remember it's Pork Month). Roll a slice of the thin sliced deli meat



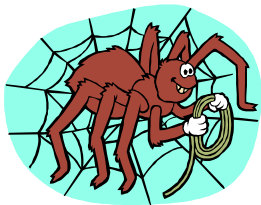
lengthwise to be like a tongue – lay it across the bun so that part of it hangs over the edge. Now decorate the top of the bun to be a monster face. Grapes and peas make great eyes and noses, carrots can be used for nose, mouth or carrot curls can be like hair, jicama can make fun teeth or cut it into little strips and make a spiky hairdo, apples can be eyebrows, mouth, teeth. It's all about letting your imagination run wild AND snacking on these wonderful fruits and vegetables as you create your Monster Mug sandwich.

Adapted from Family Fun Magazine.

COBWEBS IN A CUP

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
- Miniature chocolate chips or raisins for 'bugs'



Prepare pudding by adding milk and mixing/shaking for 1 minute. Stir in pumpkin and seasoning. Pour into serving dishes. Chill. **To make cobwebs:** Put nondairy whipped topping into a plastic bag. Cut a hole in the corner.

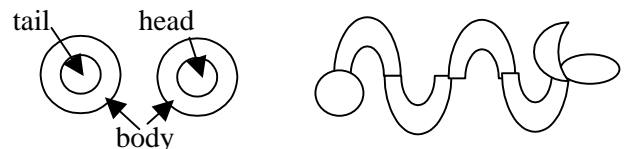
Squeeze concentric circles on top of each cup. Make it look like a web by dragging a toothpick from the center to the edge of the cup and then back again. Continue until you have created a web on top of the pudding. For more fun, sprinkle with chocolate chip or raisin 'bugs'.

SNEAKY SNAKES



With the help of a little green food color you can convert rice cereal bars into a fun monster snake. To prepare cereal bars: Melt 3 tablespoons margarine in a 2 quart microwave safe dish (full power for 45 to 60 seconds). Stir in 4 cups miniature marshmallows, coating with margarine. Cook at 60% power for 5 to 6 minutes--or until marshmallows are melted. Add 1/4 to 1/2 teaspoon green food color to the marshmallow mixture. Stir well. Add 5 cups rice cereal. Pat mixture into two an 8 or 9 inch round cake pans that have been treated with vegetable cooking spray. Let cool. NOTE: You can also use a 9x13 pan and get the desired shape with round cookie cutters.

Use a knife or cookie cutter to cut a 4 inch diameter circle from the center of each pan. One of these circles will become the head of the snake, the other the tail. Cut the outer circle in each pan in half to create 4 "C" shapes. Place these "C" shapes on a large cookie sheet to make large "S" shapes. The cereal mixture is quite easy to move about as needed to fit onto your tray or cookie sheet. Place one of the center circles at one of ends to be a tail. Cut the other circle almost into 2 pieces and arrange it so the snake has its mouth open. Decorate with fall candies using frosting or peanut butter as the "glue". Let your imagination run wild!



INDIAN CORN-- Chopped dried apricots and raisins added to popped popcorn and a syrup mixture are shaped into a 4 inch long stick to make it look like a piece of Indian Corn.

Ingredients: 10 cups popped popcorn (1/2 cup unpopped), 1 cup packed brown sugar, 3/4 cup water, 1/4 cup light corn syrup, 3/4 teaspoon vinegar, 1/2 cup raisins, 1/2 dried apricots-chopped. **To prepare:** Pop popcorn and keep warm in a 300°F oven. In small saucepan combine brown sugar, water, corn syrup and vinegar. Cook and stir over medium-high heat till the mixture boils over the entire surface. Continue cooking to 250°F, stirring frequently. (Takes 15-20 minutes.) Pour sugar mixture over popcorn. Immediately stir in apricots and raisins till all ingredients are coated. Using buttered hands, shape mixture into "sticks". If mixture gets too firm to shape, return to warm oven for 1-2 minutes. Serve the same day. Makes 12. From Better Homes and Gardens Kid's Snacks Cookbook, Meredith Publishing, 1985.

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GOOGILIE GRAPE SLUSH

For a fun fall drink, freeze white grape juice (or apple juice). Thaw for 30 minutes before serving at room temperature. For each serving, combine ½ cup frozen juice with ¼ cup sugar-free ginger ale in a blender. Pour into glass and add several grapes for a fun garnish.

MONSTER PAWS

There are two ways to create this imaginative treat.



1. **Biscuit method:** Separate a biscuit and spread with peanut butter or cream cheese. Put halves back together. Use sliced almonds to be the ‘claws’ of your monster paws. Insert the almonds between the two halves using as many claws as your monster needs.
2. **Frozen roll dough method.** Each roll will become a paw. Bake rolls according to package directions. (Note: It’s just fine to make them from scratch if you have the time and skill). While warm, lightly spray each roll with non-stick vegetable coating and then sprinkle with cinnamon and sugar. Insert almond slice claws.

JACK-O-LANTERN JUICE



A super easy and tasty way to celebrate the season! To make, mix equal parts of orange juice and sugar-free lemon-lime soda. GOAL: Make the orange juice be at

least half the total amount. My kids preferred 2 parts orange juice to one part soda. Add food color only if you want a more vibrant color.

HALLOWEEN GORP

Makes sixteen 1/2 cup servings

2 cups Corn and rice cereal squares
(Cobwebs)

2 cups Honey graham cereal (Dried Beetles)

2 cups Toasted oat cereal (Cat Eyes)

2 cups Miniature pretzels (Bat Wings)

1 cup mini marshmallows (Ghost Fingers)

1/2 cup peanuts (Owl Eyes)

1/2 cup semisweet chocolate pieces (Snake Eyes)

1/2 cup raisins (Ants)

Optional--if you need more servings:

2 cups mini shredded wheat (Dried Lung of Toad)

2 cups puffed corn cereal (Chopped Clouds)

1/2 cup candy corn (Chicken Toenails)



Combine all ingredients together in large plastic sack and shake until mixed.

ORANGE OCTOBER RELAYS

Use this information to help you organize relay teams (5-6/team is best):

-) •Select a different seasonal sticker for each team; the child wears the sticker on his/her shirt.
-) •With a washable marker, write the team number on each child’s hand.
-) •Divide the group by birth month/Jan.& Feb., Mar. &Apr., etc.



Tips for successful relays:

- ✓ Mark a starting line (with masking tape if indoors/with cones if outdoors) and use a cone or box at the goal line in front of each team.
- ✓ Line up each team behind the starting line.
- ✓ Quickly demonstrate each orange relay.

Use some of these orange items for relay games:

- Cut orange pumpkins from felt and clothespin them on a clothesline at the goal.
- With a straw, blow an orange ping-pong ball on the floor.
- Carry a foam pumpkin (1” slice of an orange swimming noodle) with tongs.
- If you can find some inexpensive seasonal orange rings, put rings on 2 fingers, remove at the goal and throw in a box.
- Balance a small orange pumpkin your head.
- With one hand, tape an orange balloon to a clothesbasket. (Keep balloons in a black garbage bag before and after the relay.)
- Kick an orange foam ball to the goal line and sound a bike horn or ring a bell when reaching the goal.
- Roll an orange with a piece of a swimming noodle or a small broom.
- Throw a carrot (like a javelin) in a basket.
- Dribble an orange basketball.



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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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