

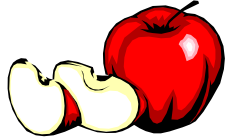
FALL FOOD AND FUN

Food for Fitness and Fun - October 2002

Pick a Better Snack

OCTOBER featured produce items for the Pick a Better Snack Campaign include:

- Apples
- Peas
- Carrots
- Jicama
- Grapes



Compete to Win Prizes!

By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 3 adult and 3 youth prizes to be awarded **each** month. Here's what you need to do.

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at:
www.extension.iastate.edu/food/

OR

Call Johnson County Extension Office at 319-337-2145 to have a copy mailed to you along with an entry blank.

2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down, or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. If it's a new activity, it could be just trying it is a great goal for you. If it's a familiar activity, you may want to participate for 20-30 minutes.
3. Return your completed entry blank to me in one of the following ways:
 - a) Complete the form on the web site,
 - b) Fax the form to me at 319-337-7864
 - c) Mail to
Jan Temple - PBS
Johnson County Extension,
4265 Oak Crest Hill Road, SE,
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States
5. Participate each month - October 2002 to September 2003. Have the whole family play.



FUN WITH FOOD FOR FALL

If you will be working with groups of children or adults this fall, you may want to try serving up some of the following fun ideas.

FLYING BAT WINGS

For each set of bat wings, use 2 slices of whole wheat bread to make a peanut butter sandwich. Using a large tree shaped cookie cutter (my Christmas tree cutter was great-may seem like the wrong season, but it works) cut out a tree shape from the sandwich. Cut the tree into two pieces from the tip of the tree through the trunk. Overlap the trunks, keeping the straight edges at the top and the scalloped edges at the bottom. Use peanut butter to 'glue' two vanilla wafer cookies on top of and under the tree trunk. The cookies will be the bat's body. If you wish, you may add candy coated chocolate 'eyes' on the wafer with peanut butter glue.



JACK-O-LANTERN JUICE SIPPERS

Your guests will enjoy these simple to prepare, but fun to eat treats.

- 1 scoop frozen low-fat vanilla yogurt (a.k.a: clouds)
- 1 cup orange juice (a.k.a. 'Jack-O-Lantern Juice')
- 1 piece red or black licorice



Place frozen yogurt in glass. Pour chilled juice over yogurt. Serve with licorice straws. Let your guests nibble off a bite of each end of the licorice. It then makes a fun party straw.

BOBBING FOR APPLE'S

Try this new, 'food safety preferred' version of bobbing for apples. Cut an apple into slices. Tie one end of a piece of dental floss around each apple slice. Tie the free end of the floss to a broom handle. Have each person, holding his/her hands behind his back, take a bite of the apple slice as it swings through the air. Use fresh floss and apple slice for each person playing the game.



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FROZEN PUMPKIN TREATS

My daughter helped me develop this one - with input on the cookie part from my son. A real 'Temple Treat'.

- 1 half gallon frozen low-fat vanilla yogurt
- 1 can pumpkin (2 cups)
- 1 cup brown sugar
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- Molasses Cookies
- Halloween Sprinkles

Take frozen yogurt out of freezer until it becomes soft. Put it in a bowl with the pumpkin, brown sugar and spices. Stir until blended. Put about $\frac{1}{4}$ cup of the pumpkin mixture on the bottom of a molasses cookie. Top with another cookie. Squeeze the two cookies together to 'spread' the pumpkin evenly. Roll the pumpkin edges in sprinkles. Return to freezer until frozen firm.

Note: I tried oatmeal cookies and I lost the family vote. Molasses was the first choice.



FIVE LITTLE JACK-O-LANTERNS

- 10 flour tortillas
 - 1 can fat-free refried beans
 - $\frac{1}{2}$ cup Reduced Fat Shredded Cheddar Cheese
 - Salsa
 - Optional: Assorted vegetables for decoration. Examples: tomatoes, green and red peppers, olives, cheese
- Spread 5 tortillas with refried beans. Sprinkle each with 1-2 tablespoons shredded cheese. Top with another tortilla. Heat each 'sandwich' in a frying pan over medium heat till golden and heated through. Decorate the top of the sandwich to look like a Jack-O-Lantern. Serve with salsa.

GAME IDEAS PROVIDED BY JANET MARTIN, ISU
EXTENSION YOUTH DEVELOPMENT SPECIALIST

PUMPKIN JOKES

- What does a pumpkin sew? (A pumpkin patch)
- What vegetable does a pumpkin turn into when an elephant steps on it? (Squash)
- What did the orange pumpkin say to the green pumpkin? (Why orange you orange?)

AGES AND STAGES OF YOUTH

If you'll be planning a party for youth, call your ISU Extension Office for the Ages and Stages brochure appropriate for the age group you're working with. All these publications are also on line at www.extension.iastate.edu Look under the heading "Publications."

- Ages & Stages (3 year olds), Pm-1530e
- Ages & Stages (4 year olds), Pm-1530f
- Ages & Stages (5 year olds), Pm-1530g
- Ages & Stages (6-8 year olds), Pm-1530h
- Ages & Stages (9-11 year olds), Pm-1530i



For each age group, the brochure lists ideas for parents, hints on the youth's physical, mental, social and emotional development, books, toys, etc.

GAME IDEAS

- Select games that MAXIMIZE SUCCESS and activity for the children.
- Use games that everyone gets to participate; choose games that don't eliminate players
- Give games a "cool" name.
- Change the 'rules' to fit the age and size of your group.

BAT, SPIDER, & PUMPKIN RELAY - OH MY!

Divide the group in relay teams of 4-5 players. Give each person on a team a different item to carry to a bucket or box about 6 feet away from the beginning of the relay line. Items that can be carried to the bucket are: a miniature pumpkin on a spoon, a fake bat on top of his/her head, an ear of corn by the husks, a spider on his/her shoulder, etc. To make a spider, stuff two pairs of old black tight/panty hose with newspaper. Tie the tights together for a 4 legged spider. For more spider legs, use more black tights.

Variation: For a younger group, seat the children in a circle and pass the items around the circle in a designated way.

PUMPKIN BALLOON JUGGLE

In a circle of 8-12 youth holding hands, throw up two orange balloons and ask the participants to keep the balloons in the air by using their hands, heads, feet, etc. All balloons to each circle to see what is the highest number of balloons a group can keep in the air at one time. The participants must hold hands, but the shape of the circle can change. Warning: Balloons may be a choking hazard to small children.

*Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County
Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;
Web Site: <http://www.extension.iastate.edu/food>*

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

and justice for all

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