



Host a Healthy Halloween Celebration

Holiday celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices and physical activity at school. Halloween is a celebration focused on sweet treats like gummy critters and candy corn, but you can switch out sweets—without any tricks—and emphasize the importance of healthy foods.

GAME ON ACTION FOR HEALTHY KIDS TIP SHEET



Eat Better at School

Whenever possible, focus on fun rather than food. However, if you plan to incorporate food into your school's Halloween celebration, consider trying one of these yummy and healthy snack ideas:

VEGGIE SKELETON

Create a fun Halloween skeleton using veggies. Use celery sticks for arms and legs, sliced red peppers for ribs, broccoli for hands, and mushrooms and olives for a face. Be creative and enjoy this yummy creation with veggie dip or other low-fat dips.

BOO-NANA POPS

Cut bananas into halves and place onto popsicle sticks. Dip bananas in low-fat yogurt and add toasted oat cereal to create eyes and a mouth. Freeze for 20–30 minutes and enjoy!

NATURE'S CANDY

Instead of passing out candy corn during your Halloween celebration, create candy corn-like treats using pineapples, tangerines, and bananas. Align slices of the fruit according to color (yellow, orange, and white). Slide fruit onto a popsicle stick and cut along each side to form a triangular shape.

FRUITY SPIDER

Students can have fun making these creepy crawlers using grapes and blueberries. Fill toothpicks with a few blueberries to create legs. Stick the legs into a red grape to represent the body of the spider.

Eat Better at Home

Try these healthy snacks:

SPOOKY PIZZA

- Create Halloween themed pizza using whole grain crust.
- Create ghosts by using ghost shaped cookie cutters on mozzarella cheese.
- Add pizza sauce and ghost to whole grain crust and bake.

KIWI POPS

- Peel and cut kiwi into round slices.
- Stick kiwis onto a popsicle stick and freeze.



Nutrition Education and Promotion Tips

- Halloween is famously known for Trick-or-Treating. Encourage parents to give out healthy options and non-food items instead of candy. Learn about healthy treat options from the [American Heart Association](#).
- Learn 10 tips to make celebrations fun, healthy, and active from the [USDA](#).



Every kid healthy, active and ready to learn

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Move More at School

Classroom

IT'S ALIVE

- You'll need lots of toilet paper!
- Have students pair off into groups (one student will be the mummy, one student will wrap!)
- Students compete to see who can completely wrap their mummy in toilet paper the fastest.
- After the first round, students may trade places and start another round.

MOVE THAT BONE

- After learning about all the bones of the human body, play a game of Move that Bone!
- Similar to Simon Says, students will be directed to move certain bones.
- For example "Simon says wiggle your tibia!"
- Have fun trying to move all the bones of the body.

Gym/Playground

BLOB TAG

- Have two students link arms to form a small blob.
- As other students are tagged and link their arms, the blob becomes bigger and bigger.
- The blob must stay connected until everyone has been linked (tagged) to the blob.

HALLOWEEN CHARADES

- Fill orange balloons with Halloween themed physical activities: walk like Frankenstein, flap your arms like a bat, or pretend to walk through a sticky spider web. Be creative!
- Allow students to pop the balloons one at a time and act out the activity on the paper for the class without using any words.



At Home

PUMPKIN HUNTING

- Plan a family trip to your local pumpkin patch during the fall season.
- Walk the entire pumpkin patch as a family in pursuit of finding the perfect pumpkin.

Additional Resources

Check out ActionforHealthyKids.org/Game-On for more [healthy Halloween games](#) to keep kids active.

Action for Healthy Kids® is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that improve school foods, nutrition education, physical activity and physical education for all students. Through funding opportunities, expert technical assistance, and our flagship program, Game On, Action for Healthy Kids supports schools in becoming healthier places where children thrive.