



KidBits



October 2013



A Poppin' Good Halloween

Healthy Halloween Party Foods with Popcorn

Popcorn is a good choice for healthy eating. It contains fiber, providing roughage the body needs in the daily diet. Popcorn is low in calories and has only 31 calories in one cup when popped without added fat.

Here are some fun popcorn ideas for Halloween.

- **BONY FINGERS.** Fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Tie the end with orange and black ribbon.
- **HALLOWEEN PARTY POPCORN.** Combine popcorn with your choice of the following ingredients. By mixing Halloween candy with popcorn, you cut back on the total amount of candy offered. Serve with a scoop from a large bowl. Or, fill a self-closing sandwich bag with popcorn for each child. Raisins and other dried fruit, candy corn, nuts, gummy worms, orange/black candies such as "M & M's" or jelly beans
- **GHOSTS**-Wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black magic marker.



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