

Food for Thought

October 2026

Healthy Halloween Themed Food Ideas

Get into the Halloween spirit by giving some of your favorite foods a spooky twist! Halloween is a great time to be creative in the kitchen and turn everyday meals and snacks into fun, festive treats. These ideas are simple enough for kids to help prepare and are a fun way to add fruits, vegetables, and whole grains to the celebration.



Spooky Main Dish Ideas

- ▶ **Jack-O'-Lantern Pizzas:** Make mini pizzas using whole-wheat English muffins or your favorite pizza dough. Top with shredded cheese, then create jack-o'-lantern faces using small pieces of black or green olives. Bake according to the recipe directions.
- ▶ **Ghostly Mashed Potatoes:** Serve a mound of mashed potatoes and add two small slices of black olives for eyes. For an extra spooky touch, shape the potatoes into ghostly mounds before serving.
- ▶ **Jack-O'-Lantern Burgers:** Give burgers a Halloween makeover by placing a slice of cheese on top and cutting out jack-o'-lantern eyes, a nose, and a mouth. The cheese will melt slightly over the warm burger, creating a fun Halloween face.
- ▶ **Monsterwiches:** Start with your favorite whole-grain bread and spread with hummus. Then let everyone create their own monster face using colorful vegetables. Try carrot shavings for hair, olive slices for eyes, red pepper for lips, and shredded lettuce for wild monster hair. The more colorful, the better!

Spooky Snack Ideas

- ▶ **Witches' Smiles:** Core a red-skinned apple and cut it into slices about ½ inch wide. Spread a small amount of peanut butter on one side of an apple slice and top with another slice to create a smiling mouth. Add raisins between the apple slices for “teeth.” If preparing ahead, brush exposed apple flesh with a little orange or pineapple juice to help prevent browning.
- ▶ **Bony Fingers:** Fill clear food-safe plastic gloves with popcorn and tie the ends with orange and black ribbon. These spooky “bones” make a fun Halloween snack.
- ▶ **Witches' Brew:** Pour orange or apple juice into a glass. Top with a small scoop of orange sherbet or low-fat vanilla frozen yogurt. As the sherbet melts, it creates a fun, fizzy-looking Halloween drink.
- ▶ **Monster Veggie Cups:** Fill small clear cups with colorful vegetables such as carrot sticks, cucumber slices, bell pepper strips, and broccoli. Add a spoonful of hummus and use a couple of olive slices to decorate the cup like a monster face.
- ▶ **Banana Ghosts:** Cut bananas in half and use small pieces of raisins or dark berries to make eyes and a mouth.
- ▶ **Candy Corn Skewers:** Make these fruit kebabs by layering pineapple, cantaloupe, and banana slices on a skewer.



Celebrate Fall's Fresh Flavors

Halloween is also a great opportunity to enjoy the fruits and vegetables that are plentiful in the fall. Try adding seasonal foods to your Halloween menu:

- **Pumpkin:** Pumpkin muffins, pumpkin soup, pumpkin pie, pumpkin cookies, pumpkin seeds, pumpkin smoothies.
- **Apples:** Baked apples, homemade applesauce, apple slices with peanut butter, warm apple cider, sprinkle fresh apples with cinnamon.
- **Pears:** Slice pears into wedges and serve with a favorite dip or in a pita with peanut butter.
- **Sweet potatoes:** Try roasted sweet potato wedges or baked sweet potatoes with your favorite toppings.
- **Carrots:** Serve carrot sticks with hummus or add shredded carrots to sandwiches and salads.



Make Halloween a Family Affair

The best part of these Halloween ideas may be making them together. Let children wash fruits and vegetables, arrange toppings, create silly faces, and taste new foods along the way. Giving kids a chance to participate in preparing food can make mealtime more exciting—and they may be more willing to try something new when they helped make it!



Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Eat Smart Idaho Administrator or Coordinator:

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