

NOTICES

Fun, Easy Halloween Recipes for Kids

(Be sure to get an adult's help in the kitchen!)

Monster Brew

Mix 8 cups of cranberry juice and 6 cups of apple cider in a punch bowl. Add ice cubes and serve. Makes 14 cups.

Pumpkin Pops

Freeze orange juice and wooden ice cream sticks in ice cube containers.



Ants on a Log

Rinse 1 or 2 celery stalks. Have an adult cut the stalks into halves or thirds. Fill the hollow of each celery piece with peanut butter, then sprinkle raisins across the peanut butter.

Beetle Brunch

Use a pear half for the beetle's body. Add orange or peach slices for wings and apple or carrot strips for antennae and legs. Use raisins and apple or carrot strips to add details, like eyes, spots, or stripes.

Stuffed Snails

Have an adult boil and drain 1 cup of jumbo pasta shells. Let the pasta shells cool completely. Stuff the shells with small pieces of your favorite cheese and cold cuts.

Centipede Surprise

Place a pretzel stick into each end of a jumbo marshmallow (use the short, thin pretzel sticks). Keep adding marshmallows in either direction to make your centipede as long as you like. Use pretzel stick halves for legs.

Trick or Treat Cereals

Place these combinations on your hot or cold cereal:



Peachy Pumpkins

Place a peach half on your cereal; give it raisin eyes, nose, and stem. Then add an apple slice for a mouth.

Goofy Ghost

Use a pear half and place three raisins for the eyes and mouth.



Black Cat

Use a big prune for the body and a small prune for the head, raisins for the tail and ears, and bits of apple for the face.

Witchy Witch

Use a prune for the body, banana slice head, coconut hair, raisin eyes, nose, mouth, hands, and feet. Top it off with a pineapple broom.

Lil' Pumpkin Pizzas

First have a parent ready the broiler and toast 2 English muffin halves. Spread the English muffins with catsup and then sprinkle with shredded cheddar. Slice a hot dog like coins and place a few on each muffin in a pumpkin face. Place the muffins on a broiler pan and have a parent broil them until the cheese melts.

10 Halloween Safety Tips

All Dressed Up

- * Masks are not recommended because they can obstruct a child's vision. If your child wears makeup, you should look for non-toxic, hypoallergenic kits.
- * Costumes should be flame-retardant and fit properly. Avoid oversized shoes, high heels, and long skirts or pants that could cause a child to fall.
- * Children who trick-or-treat after dusk should have reflective tape on their costumes and carry flashlights.

Carving a Niche

- ❖ Small children should never carve pumpkins. Instead, have them draw a face with markers, then you can do the cutting. Under parents' supervision, children age 5 to 10 may carve with pumpkin cutters that have safety bars.
- ❖ Votive candles are safest for candle-lit pumpkins.
- ❖ Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

Sweet Treats

- Children shouldn't snack while they're trick-or-treating. Check all treats at home.
- Watch for signs of tampering, such as small pinholes in wrappers and torn or loose packages.
- If you have young children, get rid of choking hazards such as gum, peanuts, balloons, hard candies, or small toys.

Home Safe Home

- * To keep your home safe for visiting trick-or-treaters, remove anything a child could trip over, such as garden hoses, toys, bikes, and lawn decorations.
- * Check outdoor lights and replace burned-out bulbs to make sure there's good visibility at your door and the approach to it.
- * Sweep wet leaves from sidewalks and steps to reduce the chance youngsters will slip and fall.

For more information, please visit www.mayohealth.org (2000 Mayo Foundation for Medical Education and Research).