

FALL PARTY

Treat ideas

Apple Chips

- 5 boxes Brothers-All-Natural Fruit Crisps Fuji Apples 6 Count

Five boxes will provide 30 servings. Available at Bloomington Walmart. Cost per serving: \$0.83.



Spiced Apple Cider

- Two 128 fluid oz. jugs of Musselman's Spiced 100% Apple Cider

Two 128 oz. jugs will provide 32 8 oz. servings. Available at Bloomington Walmart. Cost per serving: \$0.25.



“Candy-Corn” Veggie Platter

- 1 pint pre-cut cauliflower
- 2 bags baby carrots
- 2 pints pre-cut yellow bell peppers, sliced into strips

Place vegetables on a platter in the shape of a candy corn – Bell peppers wider than carrots, baby carrots wider than cauliflower. Manipulate the number of vegetable pieces to serve larger or smaller groups. Serve immediately. Amounts dictated above will serve 20 students. If desired, a fruit plate could be done in a candy corn fashion using pre-cut pineapple, oranges, and fat-free vanilla yogurt for dipping.



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Treat ideas

Pumpkin Pie Parfait

- 8 cups canned pumpkin (240 oz.)
- 12 cups low-fat vanilla yogurt (skim or 1%, 360 oz.)
- 4 cups plain granola
- 1 shaker ground cinnamon

Mix canned pumpkin and yogurt in a large bowl. Spoon into 3 oz. paper cups. Top with granola and a sprinkle of cinnamon. Serves 30 students.



Turkey Fruit Cups

- 30 Mandarin orange fruit cups – packed in 100% fruit juice
- 60 googly eyes
- 30 yellow beak cut outs
- 30 turkey tail cutouts – red or brown
- 30 spoons
- Hot glue gun with glue sticks

Hot glue 2 googly eyes, a yellow beak, and a turkey tail to each fruit cup. Serves 30.



Popcorn Turkeys

- 30 clear, food service-safe plastic gloves – size “large”
- 40 cups plain, machine popped popcorn (see recipe)
- Red, brown, and black markers

Fill each plastic glove, both the finger and palm areas, with popcorn, leaving just enough room to tie the gloves shut. Let the students color the glove as they like in a turkey pattern, making sure to draw eyes on the thumb. Makes 30 servings.

Snack ideas and recipes adapted from:

1. Fuji Apple Fruit Crisps, 1/2 c bags, 12 pack. (n.d.). Retrieved May 20, 2017, from <https://www.brothersallnatural.com/fuji-apple-freeze-dried-fruit-crisps-1-2-c-bags-12-pack/>
2. Musselman's 100% Spiced Apple Cider 128 fl. oz. Jug. (n.d.). Retrieved May 20, 2017, from <https://www.walmart.com/ip/Musselman-s-100-Spiced-Apple-Cider-128-fl-oz-Jug/156763648>
3. Candy-corn-vegetable-tray-.png [Digital image]. (n.d.). Retrieved May 23, 2017, from <http://www.fitness.com/blog/wp-content/uploads/2014/10/candy-corn-vegetable-tray-.png>
4. A., S. (2013, September 27). 64 Healthy Halloween Snack Ideas For Kids (Non-Candy). Retrieved May 25, 2017, from <https://www.pinterest.com/pin/139189444707035623/>

FALL PARTY

Non-food Related Activities

Musical Pumpkins

Cut pumpkin shapes from construction paper and arrange them on the floor; kids must move from pumpkin to pumpkin while music plays, just like in musical chairs. To keep kids from being excluded, allow them to share pumpkins as you remove a pumpkin for each round. By the end of the game, all the kids have to squeeze onto one spot.

Blob Tag

Pick two students to be It. The students that are It tag someone, then the person they tagged links arms with the student who is It. They must stay connected with linked arms. Now the small blob (the two students) helps to tag the other students who have not been tagged yet. If they tag another student then that student must now join the blob. Continue until everyone is linked onto the blob.

Harvest Scavenger Hunt

Have kids roam the school grounds on the hunt for harvest fruits and vegetables (cut from paper, or plastic ones purchased from a toy store or craft shop).

Crazy Harvest

Take tall cones and throw them out in the play area. The cones represent corn stalks. Half the cones should be standing up, and half on their sides. Divide the kids into two teams: The “Deer” and the “Farmers.” The Deer’s job is to knock down the cones. The Farmer’s job is to put each cone upright. When you say go, they all run around and do their job. At the end (when you blow the whistle) they must all freeze and you count which team had more cones. The Deer win if more cones are down. The Farmers win if more cones are up. You can have teams switch responsibilities too.

Pumpkin Broom Race

This is a race that can be run as a one-against-one game or relay-style (when you have several players to divide into teams). Either way, the goal of each racer is to roll a pumpkin from the starting line to the finish line with a broom, guiding it to try and stay on course as it rolls off to one side or gets caught up on its stem. The first player or team to get their pumpkin across the finish line wins.

Bulletin Board Display

Let students cut their own pumpkins out of orange paper. Label with names, decorate with craft supplies, and display on a bulletin board!

FALL PARTY

Non-food Related Activities

Pin the stem on the pumpkin

Blindfold students one-at-a-time and let them “pin” (tape) a green stem on a large pumpkin on a bulletin board.

Play themed games where students can earn non-food prizes:

Erasers, classroom coupons to be redeemed at a later date, books, stickers, etc.

Activity ideas adapted from:

1. Joyce, Stephanie. *Celebrations That Support Child Health*. Alliance for a Healthier Generation. Web. 16 June 2017. <https://www.healthiergeneration.org/_asset/nvgd8g/13-6162_HSPHealthyCelebration.pdf>.12 days
2. "Healthy School Celebrations." *Center for Science in the Public Interest*. 16 Mar. 2016. Web. 16 June 2017. <https://cspinet.org/sites/default/files/attachment/healthy_school_celebrations.pdf>.
3. Gauvreau, Christine. "Harvest Party Games for Kids." *The Spruce*. 7 Nov. 2016. Web. 23 June 2017. <<https://www.thespruce.com/harvest-party-games-for-kids-2104592>>.
4. "Healthy School Celebrations." *Action for Healthy Kids*. University of Colorado Health, n.d. Web. 23 June 2017. <<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/partner-resource-pdfs/healthypartyguide-cando.pdf>>.

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Grocery Checklist

Cost estimates were calculated using Bloomington Cub or Walmart prices in July 2017. Please note that prices may change over time and could be higher or lower if parents/teachers purchase ingredients from other grocery stores. Items marked with an asterisk (*) were priced at Walmart.

Apple Chips — Serves 30

- 5 boxes Brothers-All-Natural Fruit Crisps Fuji Apples 6 Count, \$20.95*

Apple Cider — Serves 32

- Two 128 fluid oz. jugs of Musselman's Spiced 100% Apple Cider, \$13.56*

“Candy-Corn” Veggie Platter — Serves 20-25

- 1 pint pre-cut cauliflower, \$3.99
- 2 bags baby carrots, \$3.00
- 2 pints pre-cut yellow bell peppers, sliced into strips, \$9.98

Pumpkin Pie Parfait — Serves 30

- 8 cups canned pumpkin (240 oz.), \$11.95
- 12 cups low-fat vanilla yogurt (skim or 1%, 360 oz.), \$15.00
- 4 cups plain granola, \$8.00
- 1 shaker ground cinnamon, \$2.79

Turkey Fruit Cups — Serves 30

- 30 Mandarin orange fruit cups — packed in 100% fruit juice, \$25.00
- 60 googly eyes, \$4.00*
- 30 yellow beak cut outs (from construction paper), \$0.25*
- 30 turkey tail cutouts — red or brown, \$0.25*
- 30 spoons, \$2.84*
- Hot glue gun with glue sticks, \$9.19*

Popcorn Turkeys — Serves 30

- 30 clear, food service-safe plastic gloves — size “large”, \$5.78*
- 40 cups plain, machine popped corn, \$3.69 per 100 servings if purchasing unpopped kernels from Cub
- Red, brown, and black markers, \$2.37*