

HEALTHY LIVING

HALLOWEEN HELATH AND SAFETY TIPS

For many people, autumn events like Halloween and Harvest Days are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety.

Below are tips to help make the festivities fun and safe for trick-or-treating and party guest.

GOING TRICK-OR-TREATING?

- S** Swords, knives, and similar costume accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H** Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- A** Always test make-up in a small area first. Remove it before going to bed.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- O** Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only if you're with a trusted adult.
- N** Never walk near lit candles or luminaries. Be sure to wear flam-resistant costumes.

EXPECTING TRICK-OR-TREATORS OR PARTY GUEST?

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

HAPPY HALLOWEEN



Crispy Onion Rings

These super-crispy, baked onion rings are a dead ringer (pun intended) for the deep-fried variety. A touch of cayenne adds nice heat.

- 4** PER SERVING | PREP: 10 MIN | COOK: 12 MIN | SERVES 4
- 3 sprays cooking spray
 - 1 cup cornflake crumbs
 - ▲ 1 large egg white
 - 1/3 cup low-fat milk
 - 1/4 cup all-purpose flour
 - 2/4 tsp onion powder
 - 1/2 tsp table salt, or to taste
 - 1/8 tsp cayenne pepper, or to taste
 - ▲ 1 large uncooked yellow onion, sliced into 1/4-inch-thick rounds and separated into rings

Preheat oven to 450°F. Coat a large, rimmed baking sheet with cooking spray. Spread cornflake crumbs on a large plate. In a shallow bowl or pie plate, whisk together egg white, milk, flour, onion powder, salt, and cayenne pepper until blended. In batches, dip onion rings in egg mixture (letting excess drip off) and then dredge in cornflake crumbs, turning to coat both sides; place in a single layer on prepared pan. Coat onion rings with cooking spray and bake, turning once, until onion rings are golden brown, about 12 minutes; sprinkle with additional salt and pepper before serving, if desired. Yields about 8 onion rings per serving.

NOTE: If you don't have a baking pan large enough to hold the onion rings in a single layer, simply use 2 pans and switch their positions in the oven after you turn the onion rings.

DATES TO REMEMBER

- October 5th — Health Screens Robbins Elementary
- October 9th — Winfield Elementary
- October 15-19 — Fall Break

