

SILLY SNACKS

Around Halloween it can be tricky to convince your kids to balance out their candy intake with fresh fruits and veggies. Here are some ideas to keep things exciting and to make healthy eating (slightly) more fun for your kiddos.



APPLE MONSTERS

What you need: 1 apple, 2 tbsp peanut butter, 2 strawberries, 24 almond slivers or sunflower seeds, edible candy eyes.

How to make 'em: Cut apple into quarters. Lay apple quarters down, cut 1-inch wedge in the center of each quarter. Slice strawberries lengthwise. Spread peanut butter on mouth. Place strawberry in opening lined with peanut butter, and stick sunflower seeds in mouth to resemble teeth. Stick eyes on with peanut butter



STRAWBERRY GHOSTS

What you need: 15 fresh strawberries, 4 ounces white baking chocolate, 1/2 teaspoon shortening or butter, 1/4 cup mini semisweet chocolate chips.

How to make 'em: Wash strawberries, pat until dry. Combine butter & white chocolate and melt until smooth. Dip strawberries in mixture and set on wax paper. Press tiny chocolate chips while chocolate is still soft. Melt remaining chocolate chips, use toothpick to draw faces.



JACK-O-LANTERN FRUIT BOWL

What you need: 3 medium oranges, 1 cup of sliced fruit (apples, mixed berries, etc.)

How to make 'em: Slice tops off of oranges, scoop out flesh and add to fruit mix (optional). Cut out holes to resemble a jack-o-lantern. Fill with mixed fruit.

WEEKLY SHARE ITEMS & LOCAL FARMS

Watercress
Jalapeño
Cucumber
Carrot
Zucchini
Tomato Mix
Bananas
Bonus Item

[Silver Leaf Farms](#)

[Vida Verde](#)

[North Valley Organics](#)

