



# Healthy Kids Club OCTOBER SNACK & ACTIVITY IDEAS

*Snacks can be prepared beforehand or can be an activity to do with students!*

## BOO - NANAS



### Directions:

1. Cut banana in half and put on a stick
2. Dip banana in liquid, then roll in shredded coconut
3. Add raisins or cheerios for eyes

### Ingredients:

- Bananas
- Water or Orange Juice
- Shredded Coconut
- Raisins or Cheerios
- Wooden Craft Stick or Pretzels

## CARVED BELL PEPPERS



Have students use toothpicks to poke and carve out jack-o-lanterns from the peppers.

### Materials Needed:

1. Toothpicks
2. Orange Bell Peppers



## BLUEBERRY SPIDERS

Use blueberries and toothpicks and arrange into eight legs. Attach the legs to a large grape for a creepy crawlie snack. Can use olives as an alternative as well!

### Alternative: Spiders on a Log

Fun spin on classic ants on a log



## CHEESESTICK MUMMIES

Remove cheese sticks from packaging and cut tortillas into thin strips. Have students wrap tortilla strips around the cheese stick to make a mummy snack!

## CELERY AND CARROT FINGERS WITH BEAN AND YOGURT "RANCH" DIP



### Directions:

1. Using a blender mince garlic, then add beans and yogurt.
2. While blending add lemon juice, salt, and pepper.
3. Slowly stream in olive oil until smooth and stir in chives by hand.

### Ingredients:

- 12 cloves
- 6 cups cooked white beans
- 6 cups plain yogurt
- ½ cup lemon juice
- 2 tsp salt
- ½ tsp pepper
- 1 cup olive oil
- ¼ cup chives

Serves:

50



## CLEMENTINE AND CELERY PUMPKINS

Have students peel clementines and then place half of a celery stick inside the clementine for the stem.



## DATE BUGS



Pit dates and fill with cream cheese or filling of choice.

# October Activity Ideas

## MONSTER FREEZE MASH



### How to Play:

Students show off their monster dance moves until the music stops. When the music stops, so do the kids. Those who are still moving once the music is paused, are out.

**Equipment required:** Music and speaker

## MUSICAL HALLOWEEN GROOVE

### How to Play:

Students dance around the room until the music stops. Once the music stops, each student has to pick a Halloween image on the ground to stand by. The instructor then pulls matching images from a bag and those that are standing by the matching Halloween image are out.

**Equipment required:** Music, speaker, large Halloween-themed images, and smaller matching Halloween-themed images to pull from linked [here!](#)

## GREEN BEAN EATING CONTEST



### How to Play:

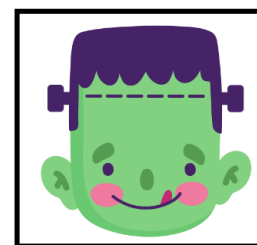
Make spiders out of green beans by tying 4 beans together to make 8 legs. Hang the green bean spiders at the height of the students. Have students race to see who can finish their spider first.

**Equipment required:** Green beans, string, and a place to hang green beans.

Happy Halloween

[BHC Printable Halloween Images](#)

Click the link above to print out your full-sized images!



## GHOST TAG

### How to Play:

Start by having students make their ghost balloons. Attach streamers to the bottom of each balloon and attach the balloon to the student's waist. The objective of the game is to run around and steal other students' streamers. The last one with streamers wins.

**Equipment required:** White balloons, white streamers, string/ ribbon, sharpies

## HALLOWEEN FEEL BOX



### How to Play:

Have students feel inside mystery boxes and guess what is inside. Those who guess right can win a prize! Prepare each box with a safe mystery item, such as shaving cream, fake spiders, slime, or cotton balls.

**Equipment required:** Decorated tissue boxes, safe mystery items or substances.



## PUMPKIN PICKING

### How to Play:

Hide plastic pumpkins around an area for students to find. Have students search and collect the pumpkins. Those with the most pumpkins win!

**Equipment required:** Small plastic pumpkins.

