



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 whole grain wrap of choice and spread apple butter, layer turkey (or protein of choice), cheese, and lettuce to make the wrap.

Alternative: Spiders on a Log

Fun spin on classic ants on a log



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

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!

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:

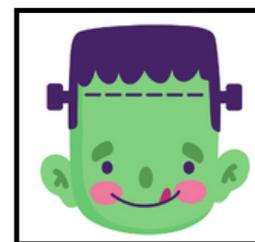
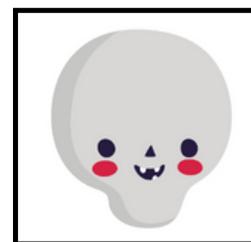
Make spiders out of green beans by tying 4 beans together to make 8 legs. Hang the green bean spiders at the height of the students. Have students race to see who can finish their spider first.

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.

