Halloween Celebration

It is spooky how much sugar and extra calories are in Halloween candies! Use this guide to have a fun party that is in line with SFUSD’s Be Well guidelines.

Prepared by Student Nutrition Services to help schools create healthy holiday celebrations for students.

Nutritious Nourishment

Be sure to follow SFUSD nutrition guidelines and schedule the celebration after lunch time.

**Monsters Fruit Cups**

1. Layer orange segments in a clear cup.
2. Next, layer pineapple chunks.
3. Top with vanilla yogurt.

**Guacamole with Spooky Chips**

1. Use Halloween cutters to cut shapes from whole grain tortillas.
2. Bake at 350°F until crispy, about 10 minutes.
3. Dip into heart healthy guacamole.

**Autumn Fruit Parfait**

**Franken-fingers**

1. Cut a cheese stick in half.
2. Use the knife to make indentations for the knuckles.
3. Use cream cheese to secure bell pepper pieces for the fingernails.

**Celebrate with fun activities!**

- Create masks
- Decorate pumpkins using craft supplies
- Costume contest or costume party
- Have a dance party to spooky music
- Read Halloween themed books
- Draw and color haunted houses
- Broomstick relay race
- “Monster Says” - Like Simon Says, but the student who is it gives commands like “Walk like a mummy”, “Fly like a bat”, “Boo like a ghost”, “Howl like a werewolf”

**Great Gifts**

Be Well Guidelines encourage celebrating without food.

- Cat ear headbands
- Spider Rings
- Vampire Teeth
- Temporary Tattoos
- Glow sticks & Glow in the dark Jewelry
- Rubber snakes & creepy crawlies
- Skeleton Masks

[www.sfusd.edu/BeWell](http://www.sfusd.edu/BeWell)
bewell@sfusd.edu
Snack Nutrition Guidelines

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Limit per item (s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>175 calories per serving (Pre-K - 5th grade)</td>
</tr>
<tr>
<td></td>
<td>200 calories per serving (6th - 12th grade)</td>
</tr>
<tr>
<td>Sugar</td>
<td>35% sugar by weight</td>
</tr>
<tr>
<td>Sodium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Fat</td>
<td>35% of total calories from fat*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>10% of calories from saturated fat</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g trans fat</td>
</tr>
</tbody>
</table>

The first ingredient must be one of the food groups: fruit, vegetable, dairy, protein*, or whole grain. *Protein is limited to seeds, legumes, eggs, cheese.

Check the Label

SFUSD Nutrition guidelines apply to all food and beverages. Use the Nutrition Facts Panel to ensure your snack is healthy.

Sample Snack Label:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 70</th>
<th>Calories from Fat 40</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.6g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>190mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td>16%</td>
</tr>
</tbody>
</table>

Vitamin A 8% • Vitamin C 0%
Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- Total Fat: Less than 20g
- Saturated Fat: Less than 2g
- Cholesterol: Less than 300mg
- Sodium: Less than 2,400mg
- Total Carbohydrate: 300g
- Dietary Fiber: 25g
- Protein: 50g

INGREDIENTS: PASTEURIZED PART-SKIM MILK, VINEGAR, SALT, ENZYMES, VITAMIN A PALMITATE CONTAINS: MILK.

BE AWARE – Sugar is Everywhere!

Children and teens should aim to eat less than 6 added teaspoons of sugar per day. The average fun-sized candy bar has around 3 teaspoons of sugar. SFUSD is committed to serving wholesome foods, which means ingredients like high fructose corn syrup are not allowed for students. Check the ingredient label - sugar could be hiding under lots of other names!

- Sucrose
- Rice syrup
- Dextrose
- High fructose corn syrup
- Evaporated Cane juice
- Honey
- Molasses
- Beet sugar
- Corn syrup solids

4 grams sugar = 1 teaspoon

Did you know...

Jack-o-lanterns were originally carved from turnips. Early Europeans began using the native pumpkin after immigrating to North America.