



The BUZZ on Nutrition & Health

A MONTHLY NEWSLETTER FOR CHILDREN AND TEENS FOCUSING ON IMPORTANT HEALTH & WELLNESS INFORMATION

A Message from Your Extension Agent

Hi y'all! October is here, and Halloween will soon be upon us. Trick or Treating with your friends can be a fun time, but remember to play it safe. Treats will be handed out to you, but carefully choose what to eat. BE SAFE! Remember, if you have any questions, please call me at 467-6575.

Grace Guerra-Gonzalez

Your Newsletter is Online! Visit our Extension homepage: <http://bexar-tx.tamu.edu/>. Scroll down the left-hand column to "Cooperative Extension Program" then look for "THE BUZZ..." link on the right. *And hey, it's in color!*

HALLOWEEN SAFETY TIPS FOR TRICK OR TREATING

Trick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats" from neighbors or at the local mall. It should be a fun time, without trouble and pain; so, the following easy tips can keep you safe every Halloween.

- Children should go out during daylight hours only unless accompanied by a responsible adult.
- Plan a safe route so that your parents know where kids will be at all times. Set a time to return home.
- Do not cut through back alleys and fields. Make sure to stay in populated places and don't go off the beaten track. Stay in well-lighted areas.
- Stop only at familiar houses in your own neighborhood unless you are accompanied by an adult.
- Small children should never be allowed to go out alone on Halloween. Make sure an older sibling or adult is with them.
- Do not eat any treats until you bring them home to be examined by your parents.
- Never go into the home of a stranger or get into their car.
- Carry a flashlight, glow stick, or place reflective tape on your costume to make it more visible to cars.
- Stay together as a group if you are going out to Trick or Treat without an adult.



"Trick or treat! Give me something good to eat!"

The treats you receive during your trick or treat escapade on Halloween night should be carefully examined by an adult before you eat anything. Also, eating all of your treats in one night is not healthy for the body. Too much candy or sweet stuff can result in a stomach ache. Carefully choose what treats to eat. Eat one or two treats and save the rest for another day. Placing the candy or treats in a large container in the pantry can make your treats last for quite a while. You will have treats for about 1-2 months after Halloween. Remember, it is okay to eat sweet treats once in a while but not every day!!!



HALLOWEEN HISTORY

The History of Halloween

Halloween, one of the world's oldest holidays, is still celebrated today in several countries around the globe. In Mexico, Latin America, and Spain, All Soul's Day, the third day of the three-day Hallowmas observance, is the most important part of the celebration for many people. In Ireland and Canada, Halloween, which was once a frightening and superstitious time of year, is celebrated much as it is in the United States, with trick-or-treating, costume parties, and fun for all ages.

Source: <http://www.halloweenishere.com>



Halloween Trivia

- ☺ Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death
- ☺ According to folklore, the Jack-o-lantern got his name from a man named Jack
- ☺ Mexico celebrates "The Day of the Dead" instead of Halloween
- ☺ Turnips and beets served as the original Jack-O-lanterns
- ☺ Growing big pumpkins is a big time hobby. Top prize money for the biggest giant pumpkin is as much as \$25,000 dollars at fall festivals
- ☺ Halloween candy sales average about 2 billion dollars in the United States
- ☺ Black cats were once believed to be witch's familiars who protected their powers

Source: <http://www.theholidayspot.com>

Recipe of the Month MUMMY-FACE PIZZAS



- 1 plain bagel (3-1/2) inch, cut horizontally in half
- 2 tablespoons pizza sauce
- 2 sticks string cheese
- 4 slices black olives

Heat oven to 400 Degrees F

Spread bagel halves with sauce. Pull cheese into thin strips, place in random criss-cross fashion on tops of bagels to resemble mummy bandages. Trim ends with kitchen shears. Add olives for the eyes.

Place on baking sheet

Bake 10 min. or until bagels are crisp and cheese is melted.

Source: Kraft Foods.com

Here is a neat Halloween craft that is sure to spook trick-or-treaters or party guests - Spooky Spider

Greet party guests with this not-so-itsy-bitsy spider made from milk jug and pipe insulation.



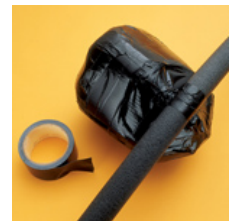
Materials -

- Craft knife
- Gallon milk jug
- Black duct tape
- Green duct tape
- 4 (6 foot) black foam pipe insulation tubes (1/2 inch diameter)
- 2 Plastic eggs

Total Time Needed: One hour

Instructions:

1. Use a craft knife (parents only) to cut off the spout of the milk jug, then completely cover the jug with black duct tape
2. To create the 8 legs, tape the center of each of the 4 pipe insulation tubes across the handle side of the jug.
3. Tape the tubes to the sides of the jug as well, to keep them bent.
4. With scissors, cut and remove a 1-inch deep notch from the middle of each leg, then bend the insulation at the notches and tape the bent joints in place.
5. For eyes, stick black tape pupils on the 2 broader ends of a pair of plastic eggs. Tape the eyes in place on the jug. Finally, decorate the top of the spider body with green duct tape, and your oversized arachnid is ready to tape or tie in place on a front porch or door.



Source: FamilyFun.com



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