

#### Healthy Halloween Party Foods with Popcorn

**Popcorn is a good choice for healthy eating. It contains fiber, providing roughage the body needs in the daily diet. Popcorn is low in calories—only 31 calories in one cup when popped without added fat. (Source: USDA National Nutrient Database <http://www.nal.usda.gov/fnic/foodcomp/search/>) .**

**October is National Popcorn Poppin' Month. Here are some popcorn ideas for another special time in October—Halloween.**

- 1. Bony fingers. Fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Tie the end with orange and black ribbon.**
- 2. Halloween party popcorn. Combine popcorn with your choice of the following ingredients. By mixing Halloween candy with popcorn, you cut back on the total amount of candy offered. Serve with a scoop from a large bowl. Or, fill a self-closing sandwich bag with popcorn for each child.**

**\*raisins or other dried fruit**

**\*candy corn**

**\*nuts**

**\*gummy worms**

**\*orange/black candies of your choice**

- 3. Ghosts. Wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black marker.**