



Looking for some fun tricks for fall treats? Here's a whole day's worth of ideas!

Morning.

Banana Pumpkin Smoothie Frozen banana gives this smoothie a thick texture; chilling the pumpkin keeps it cold!

Ingredients

1 cup low-fat vanilla yogurt
3/4 cup canned pumpkin, chilled
1/2 cup ice cubes
1/3 cup fresh orange juice
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
Dash of ground cloves
1 ripe banana, sliced and frozen
Dash of ground cinnamon (optional)

Preparation

Combine yogurt and next 8 ingredients (through banana) in a blender, and process until smooth. Garnish with dash of ground cinnamon, if desired. Serve immediately.



Noon. Slip a few silly google-eyes into a lunch box. For fun add a little note, like "I can SEE how smart you are!"

Edible Eyeballs

Ingredients

Carrots, Cream cheese, Pitted black olives

Preparation

Simply slice carrots into 1-inch-thick chunks, top each with a blob of cream cheese and one half of a pitted black olive, and serve.

Night. Try these yummy mummies and black cat dip with veggies.



Pizza Mummies

Ingredients

English muffins	Pizza sauce
Black or green olives	Scallions
Red or green pepper	Mozzerella cheese

Preparation

Heat the oven to 350° F. Spread a tablespoon of pizza sauce onto half of a toasted English muffin. Set olive slices in place for eyes and add bits of red or green pepper for pupils. Lay strips of cheese across the muffin for the mummy's wrappings. Bake for about 10 minutes, or until the cheese is melted and the muffin is toasty.

Afternoon.

Pack a spooky snack!

Pumpkin Oranges and Banana Ghosts

Ingredients

Banana, Chocolate chips, Clementine, Celery

Preparation

Banana ghosts: cut a banana in half and place chocolate chips for the eyes and mouth. *Pumpkins:* use a clementine with a piece of celery stuck in the middle.



Pumpkins aren't just for carving! Try these pumpkin snacks!

Roasted Pumpkin Seeds

1. Scoop. Kids love helping with this. Using clean hands let them dig in!

2. Wash. Put seeds into a big bowl of water. The seeds will float and the pumpkin pulp sinks. Scoop seeds out into a colander and rinse under water.



3. Season. Drizzle with oil (olive or canola), garlic salt or any seasoning you like.

4. Roast. Spread the seeds in a single layer on a pan (parchment paper optional). Roast at 350 degrees for about 20 minutes.

Pumpkin Mash

1. Use small pumpkins like those labeled "Sugar" or "Pumpkin Pie."

2. Snap off the stem. Put the whole pumpkin into an oven-safe dish and bake at 400 degrees for 1 hour.

3. Once baked, cut in half and scoop out the seeds and the flesh of the pumpkin.

4. Put the flesh into blender (or food processor) and puree! *(tip: add 1-2 tablespoons of water as needed for smoothness.)*

5. Use immediately in any pumpkin recipe or to use later in smoothies, soups, hummus or yogurt.

You really know how to PowerUp!

Up for a Family Challenge? Take the power^{UP} Fall Challenge

Chomp was amazed by the over 200 kids who sent in their Summer Chomp Challenge Passports. Here are the results!

- Kids found great ways to PowerUp all summer long.
- Hundreds of kids hunted for butterflies and toads, ate breakfast every day and biked all over town.
- Lots of kids also drank water instead of sugary drinks, tried lots of different veggies, went "screen free" and just had fun.



You can PowerUp now too with the Fall Chomp Challenge! It's easy and fun with great prizes for everyone! To take the Fall Challenge just go to powerup4kids.org and print out your Fall Passport. Have fun!

PowerUp Kids Cooking Classes

Paint Your Plate for Thanksgiving and Beyond! (3rd-6th grade)

Nov 8 - Cooks of Crocus Hill, Stillwater

Thanksgiving Helpers (Pre-K - 2nd grade)

Nov 10 - District Education Building, Mahtomedi

November 15 - Lakeview Hospital, Stillwater

Ho Ho Holiday Treats (Pre-K - 2nd grade)

December 6 - Lakeview Hospital, Stillwater

December 8 - District Education Building, Mahtomedi

Registration required. Visit powerup4kids.org



Candy Trade-In!

Bring your bag of candy to one of the following locations and trade candy for cool prizes and register to win a **PowerUp prize pack!**

Stillwater Medical Group - Main Campus
1500 Curve Crest Blvd, Stillwater, MN
Monday, November 3 - 3:00-6:00pm

Somerset Open Gym
625 Sunrise Dr, Somerset, WI 54025
Saturday, November 8 - 9:00-11:30am

Early Childhood Family Center (ECFC)
1111 Holcombe St. S, Stillwater, MN
Saturday, November 1 - 9:30-11:30am

Mahtomedi District Education Center
1520 Mahtomedi Ave, Rm 114, Mahtomedi, MN
November 3-7 - 9:00-3:00pm

