

FORWARD CORNER

October is National Farm to School Month

Everyone can celebrate National Farm to School Month! The National Farm to School Network has developed resources and activities to promote Farm to School Month in schools, early care and education settings, communities and media outlets. Click [here](#) for more detailed information. Another way to celebrate is by registering for The Illinois Great Apple Crunch. This is a day-long celebration of fresh, local apples from the Midwest. On October 11, 2018 schools and early childcare sites across the state of Illinois can participate by serving local apples and crunch-ing into them together. For more details click [here](#).

October is Here and Halloween is Around the Corner

FORWARD DUPAGE encourages early childcare providers, schools and families to consistently promote healthy lifestyles, and to make this a happy and healthy Halloween, by minimizing unhealthy foods during holiday parties. Emphasize “celebrate healthy” by planning songs, active games, costumes, cooking projects, art projects and decorations; all of which add a fun element that has nothing to do with food. In selecting the party menu, check out www.pinterest.com for creative food items. For example, clementines with a piece of celery for stems make a perfect pumpkin. Carrot slices can be made to look like pumpkins, string cheese, separated at the end, with a pretzel stick can be made into a witch’s broom. Orange or green tinted milk or water with an orange slice is a nice alternative to sugary punch. Add decorative plates, cups, napkins and favors (ask parents to donate these items instead of sweets) and it’s highly likely children won’t even miss the cake, candy and cookies. For more healthy lifestyle resources go to forwarddupage.org.

For more information on Halloween creative holiday treats, try these links.

Halloween Brooms: <https://onelittleproject.com/halloween-treat-cheese-pretzel-broomsticks/>

Carrot Pumpkins: <https://www.pinterest.com/pin/489766528209557944/>

Banana Ghosts, Clementine Pumpkins: <https://www.pinterest.com/pin/367958232051797857/>