



# The Food Cop's Halloween Guide

When selecting a pumpkin, choose one that is completely orange — a partially green pumpkin might not ripen any further.

## Halloween Toys vs. Candy

According to a new study, children are just as likely to choose a toy as they are candy.

The study, which was published in the Society for Nutrition Education Journal, offered children (ages 3-14) one plate of Halloween toys and one plate of candy. The toys (which included stickers, rings, ghostly insects, and goblins) and candy had the same value.

Nearly half the children chose the toys over the treats.

## Roasted Pumpkin Seeds

### Ingredients:

- Pumpkin seeds
- Olive oil
- Seasoning (such as Mrs. Dash or seasoned salt)

### Directions:

1. Remove the seeds from the pumpkin and rinse.
2. Allow to dry, or dry with a hair dryer.
3. Preheat oven to 275 degrees F.
4. Mix the seeds, olive oil, and seasoning.
5. Spread the seeds on a baking sheet.
6. Bake in the preheated oven for approximately 30 minutes or until golden brown, stirring occasionally.

## Pumpkin Nutrient Information

Serving size: 1 cup (1" cubes)

Calories: 30  
Total Fat: 0.1g  
Sat. Fat: 0.1g  
Cholesterol: 0mg  
Sodium: 1mg  
Total Carbs.: 7.5g  
Dietary Fiber: 0.6g  
Sugars: 1.6g  
Protein: 1.2g  
Calcium: 24.4mg  
Potassium: 394.4mg

Bobbing for apples is not only a fun activity that everybody can enjoy, but you get a healthy prize at the end as well!