

HEALTH *matters*

HEALTHMATTERS.IDAHO.GOV

“I'M SO GLAD I GET TO LIVE IN A WORLD WHERE THERE ARE OCTOBERERS.”

- ANNE OF GREEN GABLES BY LUCY MAUD MONTGOMERY

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- 10/05 'EASY ERGONOMICS' LUNCH AND LEARN*
- 10/15 GLOBAL HANDWASHING DAY
- 10/21 'EASY ERGONOMICS' LUNCH AND LEARN*
- 10/20-10/26 HEALTH MATTERS VIRTUAL 5K RUN/WALK

*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/



IMAGE SOURCE: Florida Dairy Farmers <https://www.floridamilk.com/in-the-kitchen/recipes/holiday/witches-cheese-broomsticks.html>

Witches Brooms

From: Florida Dairy Farmers / <https://www.floridamilk.com/in-the-kitchen/recipes/holiday/witches-cheese-broomsticks.html>

Skewer pretzel into 1/2 a stick of string cheese and gently shred end to resemble broom. Tie chive around the top portion of the broom where cheese meets pretzel stick.



IMAGE SOURCE: Avocados from Mexico https://avocadosfrommexico.com/recipe/appetizers_snacks/halloween-guacamole-cups/

Monster Mash Cups

From: Avocados from Mexico / https://avocadosfrommexico.com/recipe/appetizers_snacks/halloween-guacamole-cups/

Gently mash fresh avocados and lime juice together to form a chunky mixture. Stir in finely chopped onion and salt. Spoon guacamole mixture into clear cups. Serve with fresh veggie sticks or baked tortilla chips.

Candy Corn Parfaits

From: University of Nebraska Lincoln Extension / <https://food.unl.edu/recipe/halloween-fruit-parfaits>

Layer pineapple tidbits in the bottom of a clear cup. Follow with a layer of mandarin oranges. Top with vanilla Greek yogurt and a piece of candy corn.



IMAGE SOURCE: University of Nebraska Extension <https://food.unl.edu/recipe/halloween-fruit-parfaits>