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**STATE EMPLOYEE WELLNESS PROGRAM**

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

- ANNE OF GREEN GABLES BY LUCY MAUD MONTGOMERY

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**Witches Brooms**


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.

**Candy Corn Parfaits**

From: University of Nebraska Lincoln Extension / [https://food.unl.edu/recipe/halloween-fruit-parfaits](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.

**Monster Mash 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.