

TABLETALK

OCTOBER, 2016 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

Halloween Food Safety Tips

from the FDA and CDC

Even though it's not an official holiday, Halloween is much beloved by children and adults alike. What could be more fun than trick-or-treating, apple bobbing, or costume parties? To make sure treats are safe for children, follow these simple steps:

- **Snacking:** Children shouldn't snack on treats from their goody bags while they're out trick-or-treating. Give them a light meal or snack before they head out – don't send them out on an empty stomach. Urge them to wait until they get home and let you inspect their loot before they eat any of it.
- **Safe treats:** Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away *anything* that looks suspicious.
- **Food Allergies:** If your child has a food allergy, check the label to ensure the allergen isn't present. Do not allow the child to eat any home-baked goods he or she may have received.
- **Choking hazards:** If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.

www.fda.gov/food/resourcesforyou/consumers/ucm187021.htm

And remember to teach "SAFE HALLOWEEN" to your children!

Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes *only* if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

www.cdc.gov/family/halloween



Chef Bob's Cookbook

Halloween Spaghetti



HALLOWEEN Spaghetti

Halloween Spaghetti

TOTAL: about 20 minutes

Main Ingredients

- 1/2 tsp Black Food Paste Colorant or any other color of your choice.
* You can find this type of food coloring at Wal-Mart, and your local craft stores in the baking aisle
- 1 16oz box of spaghetti
- 4 Quarts of water
- 1 tsp salt

Directions

1. In a large pot put 4 quarts of water, 1/2 tsp food coloring and 1 tsp salt for each pound of dry spaghetti.
2. Bring the water to a boil.
3. Add spaghetti and return to boil.
4. Cook uncovered approximately 10-12 minutes, or until tender, stirring occasionally. Avoid overcooking.
5. Remove from heat and drain.
* Don't leave the spaghetti in the water! **Drain it right away!**
6. Add a bit of olive oil to the cooked pasta. This will make the pasta not to stick. The pasta won't stain your mouth and it will taste like regular pasta.
7. Top the pasta with your favorite Spaghetti Sauce and olives.