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HEALTHY
HALLOWEEN
SNACKS

THE
HISTORY OF
HALLOWEEN

Fun & Festive

RECIPES
FOR THE
FALL SEASON

CINNAMON CHIP
PUMPKIN COOKIES
(Recipe courtesy of
sallysbakingaddiction.com)

PLUS: NO-SCARE HALLOWEEN TIPS

BE
GRATEFUL
FOR FALL FAMILY FUN

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GRATEFUL FOR OUR FAMILY



SALLY MCKENNEY

Meet Sally, the internet's #1 dessert blogger! The kitchen is where her creative juices flow, and Sally's Baking Addiction is where she shares her brilliant baking tips and recipes with millions of followers.



BETH MONCEL

Beth gives confidence to new cooks and inspires them to learn how to cook and not go broke at the same time. At Budget Bytes, you don't have to sacrifice flavor, your food convictions or time to shave money off your monthly food bill.



KATIE HIGGINS

If you love chocolate for breakfast, lunch, and dinner, Katie's recipes will be a welcome addition to your recipe collection. Voted the #1 Healthy Dessert Blogger, she offers ideas for your chocolate fix and much more at ChocolateCoveredKatie.com.



MONIQUE KILGORE

Monique grew up in a *huge* family full of Southern cook-from-scratch women. She started DivasCanCook.com as a way to share her favorite simplified Southern-inspired recipes with busy women (and men!).



JESSICA GAVIN

Jessica is a certified food and culinary scientist who loves unraveling the science behind flavorful cooking. Jessica loves to make simple, healthy, family-friendly recipes for her readers at jessicagavin.com.



BEAU COFFRON

Beau is a dad of three who wants to help you make lunchtime fun while connecting with your kids. You'll find creative recipes, funny pictures, and his thoughts on parenting and life in general at lunchboxdad.com.



LORY PARSON

Lory is a mom, amateur cook, lover of entertainment, and owner of too many napkins.

Our family of food bloggers works cohesively toward one goal: to create the most delicious, family-friendly recipes out there.

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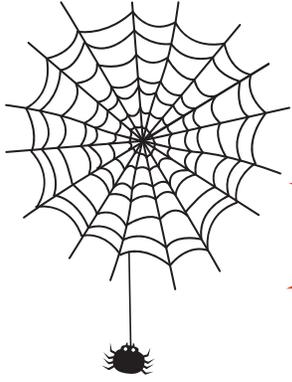
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HISTORY OF HALLOWEEN



LET'S LOOK AT HOW THIS ALL BEGAN.

The origins of present-day Halloween are believed to date back more than 2,000 years to a Celtic festival known as Samhain. This festival, held at the end of October, marked the end of the harvest season and the beginning of winter. The Celts believed October 31 to be a night when the living and dead overlapped and the dead returned to Earth. Fearing evil intent from the returned dead, festival-goers wore costumes and masks to appease them.

All Martyrs' Day becomes a Roman Catholic tradition to honor saints and martyrs each November 1.

Trick-or-treating has its beginnings in a three-day event called Allhallowtide. These days span the eve of All Saints' Day into All Souls' Day, during which participants dress in black to mourn the dead. This also begins the practice of "souling," in which peasants go door to door begging for food and treats given out in memory of the dead.



2000+ YEARS AGO

43 AD

609 AD

1000 AD

1556

1600s



After four centuries of Roman rule, additional celebrations are added to the Celtic festival of Samhain. One is a day to honor Pomona, the Roman goddess of fruit and trees. The symbol for this goddess is the apple, so the tradition of bobbing for apples on Halloween likely arises from this celebration.



The Roman Catholic church designates November 2 as All Souls' Day in honor of the dead. Celebrants dress up in devil, angel and saint costumes and hold bonfires and parades. The All Saints' Day celebration is also referred to as All Hallows, and the night before comes to be called All Hallows Eve — eventually becoming Halloween.

New England Puritans ban Halloween because they consider it a Catholic holiday. For more than 200 years, only Catholics and Episcopalians celebrate the holiday.



It's doubtful that 2,000 years ago, when our ancestors held festivals and remembrances in honor of the dead, that revelers could imagine a future of costumed children going door to door asking for candy and threatening tricks on a day now known as Halloween. However, as the belief that the worlds of the living and dead collide at this time of year grew, Halloween became a mixture of classic remembrance celebrations and fun festivals, with a little bit of dark and scary thrown in.

Many of the traditions still associated with Halloween today begin to develop. Celebrants dress up and go door to door singing for treats. Turnips are carved into lanterns, and tricks are frequently played on others to imitate evil spirits.



Costumes began to appear in shops, thus making Halloween a truly mainstream, money-making holiday.



The first movie of a horror movie franchise, *Halloween*, is released and Michael Myers becomes an evil mascot for the holiday.



Halloween becomes a more secular holiday, as the focus shifts from witchcraft and ghosts to get-togethers, parties and parades.



1700s

LATE 1800s

EARLY 1900s

1921

1930s

1966

1978



Irish and Scottish immigrants fleeing the Irish Potato Famine arrive en masse to America and bring with them their Halloween traditions, making the celebration more popular in America.

The first officially sanctioned Halloween celebration occurs in Anoka, Minnesota. Over the next several years, more cities follow suit.



Charlie Brown gets more tricks than treats in the now iconic Halloween cartoon, *It's the Great Pumpkin, Charlie Brown*.



Belleville, Illinois, bans trick-or-treating for people older than 12 and imposes fines from \$100 to \$1,000.



American consumers spend \$8.4 billion on Halloween candy, costumes, decorations and other products.

2000s

2004

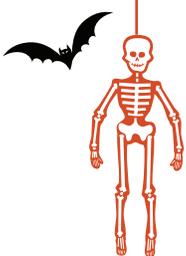
The use of silly string on October 31 is banned in Hollywood, California, with violators facing a \$1,000 fine.

2010

2014

1.31 billion pounds of pumpkins are produced by Illinois, California, Ohio, New York, Pennsylvania and Michigan.

2016





SPICY COCONUT AND PUMPKIN SOUP

What Beth says:

This soup's creamy coconut milk and spicy red pepper flakes perfectly balance the pumpkin's natural subtle sweetness.

Head on over to budgetbytes.com for the full recipe.

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»



SLOW-COOKER TURKEY CHILI

What Jessica says:

This hearty, easy-to-prepare meal offers fire-roasted jalapeños, butternut squash, tomatoes, beans, corn and savory spices in every bowl.

Head on over to jessicagavin.com for the full recipe.

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HALLOWEEN GRAVEYARD SPINACH DIP

What Lory says:

Just top this with some chopped parsley, a few artfully arranged Townhouse butter crackers and some eerie skeleton parts for a fun take on a classic appetizer.

Head on over to tohavetohost.com for the full recipe.

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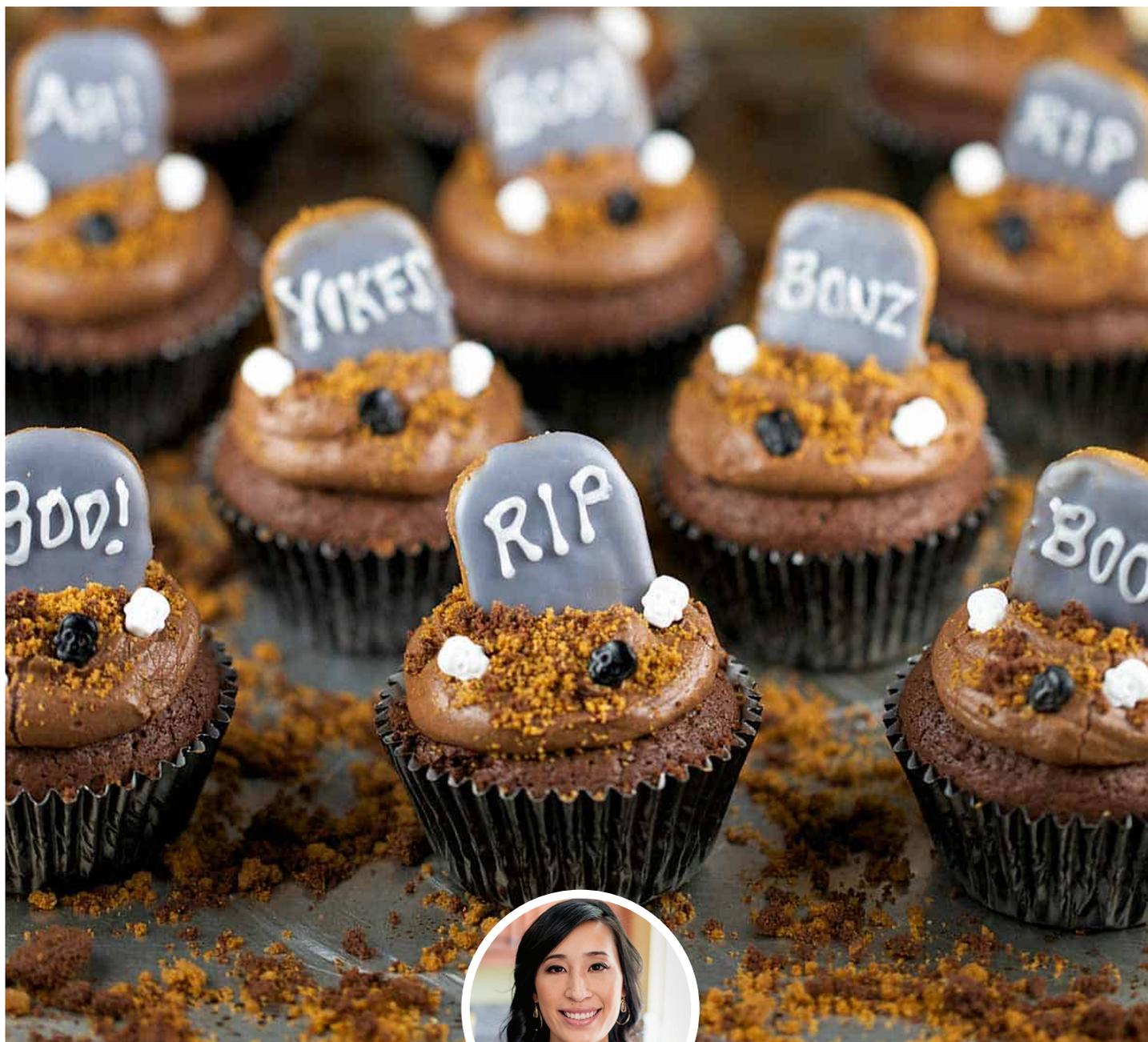
SPOOKY SPIDER SNACKS

What Beau says:

Crackers, hummus and olives are all you need to conjure up these spiders.

Head on over to lunchboxdad.com for the full recipe.

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HALLOWEEN GRAVEYARD BROWNIE CUPCAKES

What Jessica says:

Scary graveyard brownie cupcakes — dense brownies topped with chocolate buttercream — are a real Halloween treat for your favorite little ghosts and goblins!

Head on over to jessicagavin.com for the full recipe.

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PUMPKIN CUPCAKES *WITH* CREAM CHEESE FROSTING

What Sally says:

The cream cheese frosting doesn't take away from the pumpkin flavor; rather, it lets the pumpkin cupcakes shine.

Head on over to sallysbakingaddiction.com for the full recipe.

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HALLOWEEN OREO GHOST TRUFFLES

What Monique says:

If you're looking for an easy, no-bake Halloween treat that's big on the cute factor, these ghost truffles fit the bill!

Head on over to divascancook.com for the full recipe.

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PUMPKIN CHEESECAKE MOUSSE

What Beth says:

This is a super-light, fluffy dessert packed with fall spices and just enough sweetness to balance the pumpkin flavor.

Head on over to budgetbytes.com for the full recipe.

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HEALTHY BUTTERFINGERS

What Katie says:

These have the exact same toffee-like crunch of store-bought Butterfinger bars... yet are whole-grain, high in iron and completely free of high-fructose corn syrup.

Head on over to chocolatecoveredkatie.com for the full recipe.

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CINNAMON CHIP PUMPKIN COOKIES

What Sally says:

These pack some seriously unbeatable flavor! And they're so easy to make — with no mixer and minimal cookie-dough chilling.

Head on over to sallysbakingaddiction.com for the full recipe.

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JACK O' LANTERN ORANGE SMOOTHIES

What Beau says:

As parents, we're always looking for easy, healthy recipes that our kids will actually eat. This is one of those recipes.

Head on over to lunchboxdad.com for the full recipe.

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>>



HOMEMADE APPLE CIDER

What Sally says:

Apple cider spiced with cinnamon and cloves is the quintessential fall drink, and you've got to make it *now*.

Head on over to sallysbakingaddiction.com for the full recipe.

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NO-SCARE HALLOWEEN TIPS

IF SPOOKY GHOSTS, CREEPY SKELETONS AND GIANT, HAIRY SPIDERS GIVE YOU NIGHTMARES, YOU CAN STILL HAVE THE BEST-DECORATED HOUSE ON THE BLOCK WHILE FOREGOING SPOOKY HALLOWEEN DECORATIONS. YOU AND YOUR YOUNG DECORATORS WILL LOVE THESE IDEAS, AND YOUR HOME WILL FEEL FESTIVE, FUN – AND SPOOKY-FREE.

PUMPKINS, PUMPKINS, PUMPKINS

Wander through any neighborhood in late October, and you'll likely see spooky, creepy pumpkins illuminating the night as they guard front porches. But pumpkins don't have to be scary. Heck, they don't even have to be carved!

You and the kids can decorate them in lots of fun, cute, creative ways. Kids can have a blast painting their pumpkins in solids, polka dots, stripes or favorite colors. The more artistically inclined (and those with talented parents) can decorate theirs to resemble favorite cartoon or movie characters. Paint pumpkins solid green, add masks around the eyes, and paint in mouths for Ninja Turtle pumpkins. Turn pumpkins into footballs, soccer balls or volleyballs, or wrap them in gauze and add some big, googly eyes to create mummies. The options are limited only by your imagination (and maybe artistic confidence).

Because they aren't carved, they won't decompose quite as quickly — so you can decorate early and enjoy them longer! Painted pumpkins will be such a blast, you and your kids will want to decorate and display several for your porch and around your home. Involve family and friends, and make a whole day of it.



As you're out choosing the perfect pumpkins for painting and decorating, toss some itty-bitty ones in to create some adorable peekaboo decorations. Just add small googly eyes close to the tops and place the pumpkins where they'll appear to peek out of hiding places — such as in sugar bowls, tissue boxes or baskets of fruit or candy.

NO PUMPKIN? NO PROBLEM!

Carving pumpkins can be an icky mess. For the glow of a jack-o-lantern without the sharp tools and pumpkin guts, repurpose some old Mason jars or other clear containers to create glow-in-the-dark jack-o-lanterns. Draw a jack-o-lantern face onto orange and black tissue or construction paper, place the paper in the jar face-side out, and secure it with glue or Mod Podge so it doesn't shift. Add a flameless tealight to create the full effect. Line these up in a windowsill, along a mantel or on the front porch. You'll never miss the slimy pumpkin guts.



NOT-SO-SCARY FIGURES

To get the kids in on the Halloween decorating action, save used toilet paper rolls for Halloween figurine creations. Haul out your craft supplies, fabric scraps and glue, and let their imaginations run wild. They'll love to place these around the house, and maybe even stick the friendly-looking ones in their bedrooms.

SILLY SIGNS

Have some scrap wood lying around begging to be used in a craft project? DIY lawn and porch signs are always a hit and can hang out before and long after Halloween. All you need is a variety of paint colors, brushes, creativity and artistry. How about some pumpkins painted around a fun Halloween quote? A sign wishing your friends and neighbors "Happy Autumn?" Or even two large pieces of wood propped on either side of your door, with the word "Trick" going down one and "Treat" going down the other? Again, the possibilities are endless.





FESTIVE GAMES

IF HAUNTED HOUSES, DARK MAZES AND OUIJA BOARDS ARE YOUR IDEA OF TORTURE, WE FEEL YOU. HOW ABOUT SOME FUN, NON-NIGHTMARE-INDUCING ACTIVITIES FOR PARTICIPANTS OF ALL AGES?

PUMPKIN BOWLING

Yes, please! A plastic pumpkin and some paper towel rolls are all you need for endless kid fun. You can even decorate the paper towel rolls with big googly eyes so they appear to be staring back as the pumpkin bowling ball comes barreling down at them. It's perfect for an outside game to help the kids burn off some of that sugar energy.

KEEP IT ACTIVE

To keep kids and adults moving, set up a ring toss over the pumpkin stems, a bag race using old pillow slips decorated with big silly ghost eyes, or a race carrying mini-pumpkin on spoons.

AND MORE!

Here are some other fun and simple DIY game ideas:



- Guess how many candy corns are in the jar.
- Wrap tissue paper around a balloon to make a ghost. See who can sit on it and pop it the fastest.
- Have a round of classic Pin the Nose on the Pumpkin.

A combination of these games will keep them entertained and out of the candy bag as long as possible.

WAYS TO GIVE BACK



EVERY HOLIDAY, IF NOT EVERY DAY, CAN BE AN OPPORTUNITY TO TEACH KIDS TO GIVE BACK TO OTHERS. HERE ARE A FEW IDEAS ON HOW, EVEN AT HALLOWEEN, WE CAN FOCUS ON HELPING OTHERS:

Rather than spending tons of money on a costume that your child will likely wear only once, head to a charity-run thrift store for this year's Halloween costume. You'll be supporting quality organizations while discovering unique costume possibilities.



Buy an extra bag of candy or donate trick-or-treating excess to an organization such as Operation Gratitude. They'll include your Halloween candy in a care package sent to grateful military members overseas.

Take part in Trick-or-Treat for UNICEF. This organization helps people around the globe.



Create flyers ahead of time and use Halloween to support Lions Club Sight Night by collecting gently used eyeglasses for needy children.



Host a Halloween party for a non-profit. Guests can still dress up and enjoy games and snacks, but ask them to bring \$10 donations in place of the usual host gifts.



YARN PUMPKIN GARLAND CRAFT



This is such a fun and simple way to add a touch of the season to your home. With only three craft supplies, two hands (although another two are better!) and a pair of scissors, you can have a cute pumpkin garland to string on your mantel for the next few months.

Go to thanksgiving.com to get the supply list and directions.

CLICK
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RAINBOW PAPER TUBE BATS CRAFT



These paper tube bats are so simple to make, you'll want a whole colony of them to roost in your home. They require just a few, inexpensive materials.

Go to thanksgiving.com to get the supply list and directions.

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HEALTHY HALLOWEEN SNACKS

LET'S FACE IT: AT HALLOWEEN, CANDY REIGNS SUPREME — BUT YOU CAN PROVIDE HEALTHIER SNACK OPTIONS WITH FUN, HALLOWEEN-THEMED TREATS THEY'LL LOVE.

SPIDERS ON A LOG

Celery and peanut butter with raisins on top have been around nearly as long as Halloween itself and are always a hit with kids — tasty in lunchboxes, as an after-school snack and as finger food.



FRESH FRUIT SNACKS

You'll need to carve out a little extra time for this healthy snack, but it's worth the effort. Cut the top off some navel oranges, hollow them out with a spoon, carve jack-o-lantern faces into them, and fill each "pumpkin" with a variety of fruit pieces. Your mini-humans will thank you.



BANANA GHOSTS

For a healthy treat that tastes more like dessert, cut some bananas in half, place each on a stick, dip in melted white chocolate, and add two chocolate chips for eyes.

CHOCOLATE-DIPPED TREATS

All you need are some small apples, shish-kabob sticks and some melting chocolate. Dip the apples in the melted chocolate, leaving the tops peeking out to create the pumpkin look. Mix it up with mini apples and peeled mandarin oranges.



JACK-O-LANTERN QUESADILLAS

This awful-sounding combo is actually a healthy, energy-packed meal or snack to keep little ghouls and goblins fueled up. Simply cut pumpkin eyes, a nose and a mouth into a tortilla and fill for a fun-to-eat quesadilla.



GUMMY FLOATS

Create a green drink of your choosing and add a bit of ice cream on which to float some colorful gummy worms. Little partygoers will be in Halloween heaven.



CANDY ALTERNATIVES

No one wants to be in the house that gets egged because its occupants handed out unpopular treats. If you're on the hunt for yummy yet healthy treats or non-edible items to give out, nix the bag of baby carrots and give these a try.



EDIBLE

- Juice Boxes
- Organic lollipops
- Natural fruit snacks
- Mini bags of Goldfish crackers
- Mini graham crackers
- Mini bags of popcorn
- Mini bags of pretzels
- Honey sticks
- Animal crackers

NON-EDIBLE



- Glider planes
- Bouncy balls
- Halloween stickers
- Fake mustaches



- Light-up rings and bracelets
- Temporary Halloween tattoos
- Small containers of Play-Doh
- Glow sticks
- Bubbles

TRICK-OR-TREAT 🧛 THRILLING 🧛 TERRIFYING 🧛 TWILIGHT

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HALLOWEEN 2018

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