



# NEWS RELEASE

## Defense Commissary Agency

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**Release Number:** 100-09  
**Date:** October 22, 2009  
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## Healthy Halloween treats

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – “Uh, mom – I think that’s a bit of an oxymoron,” my daughter replied, when I mentioned I was writing an article about healthy Halloween treats. “What are you planning to do, scare kids to death with a tray of ‘boo-roccoli’ and ‘ghoulish garbanzo beans’?” Such a jokester, that girl is! But, to some veggie-resistant kids, such a treat tray might be enough to send them screaming.

If you’d rather not make such a drastic departure from traditional treats, consider one of the following low-calorie, low-fat options that are still kid-approved as cool:

- Cheese and cracker packages
- Sugar-free gum
- Cheese sticks
- Juice boxes
- Small packages of nuts or raisins
- Peanuts in the shell
- Single serve bags of microwave popcorn

Not all traditional treats are totally unhealthy – candied and caramel apples are made with real apples, you know, and rice crispy treats which are considered excellent choices by most kids really aren’t all that high in calories. You’ll do yourself a delicious and nutritious favor by roasting the seeds from your Halloween pumpkin, and tucking a little good-for-you pumpkin into cupcakes, pumpkin bars or pumpkin pudding.

Recipes for all those items and more are gathered and waiting for you by going to [http://www.commissaries.com/kays\\_kitchen.cfm](http://www.commissaries.com/kays_kitchen.cfm). Get the ingredients at your commissary, pick your favorite treat, and get cooking. Those cute little ghosts and goblins will be arriving on your doorstep before you know it!

Featured recipes:

- Breadstick Bones
- Quick Hot Spiced Cider
- Festive Pumpkin Dip
- Creamy Apple Dip
- Rice Crispy Treats
- Crispix Mix
- Puppy Chow
- Goldfish Party Mix
- Hot Buttered Cranberry Cider
- Kettle Corn
- Happy Halloween Mini Popcorn Balls
- Haunted Popcorn Hands
- Spicy Cajun Popcorn & Nuts
- Rainbow Popcorn
- Candied Apples
- Caramel Apples
- Funnel Cakes
- Roasted Pumpkin Seeds
- Quick Pumpkin Cupcakes
- Pumpkin Bars
- Quick Pumpkin Pudding
- Peanut Butter Pumpkin Dip
- Popcorn Italia
- Power-Packed Popcorn Cookies

**- DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of*

*commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*