

# Pre-School Pages



A newsletter for parents of pre-schoolers  
 packed with food, facts & fun  
 from your local county extension office

Cooperative Extension Service  
 Caldwell County  
 1025 US HWY 62 W  
 Princeton, KY 43455-6059  
 (270) 365-2787  
 Fax: (270) 365-2085  
 extension.ca.uky.edu

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## Celebrate

### No Tricks, Only Treats: The Teal Pumpkin Project®



Halloween is a time for spooky fun. For some, that may mean carving pumpkins, attending bonfires, or watching classic horror movies. For others, that may mean putting on a costume for either trick-or-trunk or trick-or-treating.

Candy is a popular Halloween treat for kids and kids-at-heart. But for those who have food allergies, those treats may feel more like tricks. Many candies contain peanuts or other food allergens that could cause severe allergic reactions.

The Teal Pumpkin Project® was created to increase awareness of food allergies by adding non-food treats. Placing a teal pumpkin – the color of food allergy awareness – or a sign from the Food Allergy

Research & Education group lets families know you are food allergy-friendly. Non-food treats can be great for all kids. In fact, toy or trinket options are better for kids' teeth and may be safer for young children who are at risk of choking on small, hard candies.

Need ideas for non-candy treats that kids will love just as much, if not more? These fun and affordable alternatives can be found at your local general store, party store, or online:

- Stickers
- Temporary tattoos
- Pencils or erasers
- Pens
- Glow bracelets or sticks
- Spider rings
- Bubbles
- Bouncy balls
- Slap bracelets
- Mini notebooks

It is still okay to give away candy, but having non-food treats too will promote a more inclusive and safer Halloween for everyone. Have fun trying out a new Halloween treat!

#### References:

Food Allergy Research & Education. (2020) Teal Pumpkin Project® <https://www.foodallergy.org/resources/ideas-non-food-treats>

**Source:** Courtney Luecking, Extension Specialist for Nutrition and Health



# Let's Eat

## Mini Monster Pizzas



Looking for a fun dinner? Get your child in the kitchen for a little yummy creating! Your kids will love these Mini Monster Pizzas! Allow the kids to have some fun and come up with different monster faces using their favorite pizza ingredients.

### Ingredients:

6 English muffins, split

1 cup pizza sauce

1 teaspoon dried oregano

1 3oz. package pepperoni

1 cup shredded mozzarella cheese

Ripe olive slices

1 red bell pepper, cut into 18 thin strips

1. Heat oven to 400 degrees F. Place English muffins, cut sides up, on ungreased cookie sheet. Spread pizza sauce over muffins; sprinkle with oregano. Top evenly with pepperoni and cheese.
2. Arrange 2 olive slices on each muffin half to look like eyes. Cut 6 bell pepper strips in half crosswise; place on muffin halves to look like nose. Add remaining bell pepper strips for mouths.
3. Bake 10 to 15 minutes or until lightly browned and cheese is melted.

Source: Pillsbury Kitchens [www.pillsbury.com](http://www.pillsbury.com)

## Play Time

### Apple Stamping

Make some colorful fall art with this apple stamping tree craft!

### Supplies:

- Apples (1-2)
- Paint in fall colors
- Brown marker or crayon
- White paper

### Instructions:

1. Draw a tree trunk on the paper with the brown marker or crayon.
2. Cut the apples in half.
3. Dip the apples in the paint and stamp them on the paper to look like leaves.

Source: [www.craftymorning.com](http://www.craftymorning.com)



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Sincerely,

*Ashley Board*

Caldwell County  
Extension Agent for  
Family and Consumer Sciences Education