

# HAPPY HALLOWEEN

## The Cedar Culinary

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News that's good enough to eat!

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### INSIDE THIS ISSUE:

Trick or Treat Food Safety	1
Halloween Cookbook	2
Halloween Cookbook	3
Kids Corner: Sack Lunch Safety Part 2 & Coloring	4
Contact Information	4



The articles on the following pages were provided by [foodsafety.gov](http://foodsafety.gov). For more information about these stories and more please visit their website.

# Trick or Treat Safety

## Halloween Fun For Children With Food Allergies

On Halloween, parents of food-allergic children must be extra vigilant to ensure their child is not at risk of a reaction.

According to the American Academy of Allergy, Asthma and Immunology (AAAAI), thousands of hospitalizations and up to 200 deaths are reported each year due to anaphylaxis from food allergies. Candy products frequently include ingredients like peanuts, tree nuts, milk and egg – some of the most common food allergens in children.

Peanuts and tree nuts are common causes of severe, life-threatening reactions, and children and their parents need to be aware of this and check ingredients for all treats. This can be especially tricky with Halloween candies, which often do not have ingredients listed on their labels.

AAAAI offers these tips for creating a safe Halloween for food-allergic kids:

- Verify that adults or friends with your child understand his food allergies and what to do in an emergency.
- Make sure your child carries emergency medication along with them.
- Eat dinner before trick-or-treating to

reduce urges to sneak a treat.

- Remember that small candy bars passed out to trick-or-treaters may have different ingredients than their regular-size counterparts. Even if a certain candy is safe for your child, the 'fun size' version might not be.
  - If in doubt about ingredients, throw the candy away.
  - Create a "candy swap" with siblings or friends so that allergen-containing candies can be traded for other, safe, treats.
  - Teach your child to politely refuse offers of home-baked goodies like cookies or cupcakes.
  - 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.
- Be safe, have fun and check through your child's candy carefully before any eating takes place.



# HALLOWEEN

## Pumpkin Pie

Makes 12 serving

### Ingredients:

- 1 16-ounce can solid-packed pumpkin
- 1/3 cup spoonable brown sugar substitute
- 2 1/2 tablespoons granulated sugar
- 1/2 cup liquid egg substitute
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 12 ounces evaporated skim milk
- 1 9-inch unbaked pastry shell

### Directions:

1. Preheat oven to 425°F.
2. In a large bowl, whisk together pumpkin puree, brown sugar, sugar, egg, cinnamon, ginger and nutmeg. Gradually add evaporated milk, whisking thoroughly.
3. Pour pumpkin mixture into pie shell. Bake for 15 minutes. Reduce heat to 350°F and bake another 40-50 minutes. Serve cold.

## Toasted Pumpkin Seeds

Makes 8 serving

### Ingredients:

- 2 cups pumpkin seeds, scooped from a fresh pumpkin
- 2 tablespoons canola oil
- Salt (optional)

### Directions:

1. Rinse, removing all pulp and strings. Spread seeds in a single layer on a large baking sheet. Let air-dry for at least 3 hours.
2. Preheat oven to 375°F.
3. Drizzle the oil over the seeds and lightly sprinkle with salt (if using). Toss and again spread out in a single layer. Bake for 15 to 20 minutes, until lightly browned and toasted.



## HALLOWEEN DIP

### Ingredients:

- Vegetable cooking spray
- 1/4 cup chopped scallions
- 1 T curry powder
- 1/2 teaspoon ground ginger
- Dash ground cinnamon
- 2 cups plain nonfat yogurt
- 1/4 cup finely chopped golden raisins

### Directions:

1. Lightly coat a nonstick skillet with cooking spray. Add scallions and place over low heat. Sauté until onion is limp, about 5 minutes, stirring occasionally. Stir in curry powder, ginger and cinnamon. Stir and cook for another 30 seconds.
2. Stir scallion-spice mixture into yogurt. Add raisins, mixing well. Transfer to a serving dish with raw vegetables.

## Green Slime

Makes 8 serving



### Ingredients:

- 2 0.3-ounce packages sugar-free lime gelatin
- Hot water
- Ice cubes

### Directions:

1. Following the package directions for "quick set" gelatin, combine gelatin and hot water, stirring until dissolved.
2. Add the ice cubes and chill until soft-set, not firm. Coarsely chop and shred the gelatin and serve (the more haphazardly you chop it, the better).

# COOKBOOK

## Hot Spiced Witch's Brew

Makes about 32 cups

### Ingredients:

- 1 cup dried sugar-free orange-flavored breakfast drink mix
- 1/2 cup sugar-free iced tea mix
- 1/4 cup sugar-free lemonade-flavored drink mix
- 1/2 teaspoon ground cinnamon
- 1 T. whole cloves
- 1 continuous spiral peel of 1 orange
- 1 continuous spiral peel of 1 lemon
- 2 gallons water
- 2-inch cinnamon sticks for swizzles

### Directions:

In a large pot, slowly bring all ingredients except cinnamon sticks to a boil. Stir and reduce heat to a low simmer. Serve hot with cinnamon stick swizzles.

## Witch's Brew

Makes 16 serving

### Ingredients:

- Dry Ice and cold water
- 2 .32-ounce sugar-free grape or black cherry drink mix
- 1 46-ounce can unsweetened pineapple juice, chilled
- 1 quart sugar-free lime-flavored carbonated beverage, chilled

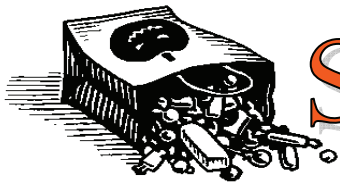
### Directions:

Place a punch bowl into a larger bowl so that you have a gap of at least 3 inches between the two bowls. Fill the gap with small pieces of dry ice.

Reconstitute drink mix with cold water according to package directions, stirring until dissolved.

Pour into a punch bowl and stir in cold pineapple juice. Slowly add carbonated beverage and serve.





# Sack Lunch Safety Part 2

## KIDS CORNER

Insulated lunch boxes have been named the best investment of the school year. For a few dollars, an insulated lunch box can keep children healthy and protected from foodborne illness.

If you pack perishable food in an old-fashioned brown paper bag, it can be unsafe to eat by lunchtime.

Insulated lunch boxes help maintain food at a safe temperature until lunchtime. Perishable lunch foods, such as cold cut sandwiches and yogurt, can be left out at room temperature for only 2 hours before they may become unsafe to eat. But, with an insulated lunch box and a chilled freezer gel pack, perishable food can stay cold and safe to eat until lunch.

*Here are some other tips to keep food safe until lunchtime:*

**Clean Hands:** Always make sure your hands are clean before preparing lunches. And, make sure your children understand that they need to wash their hands thoroughly before eating lunch or snacks. "Washing hands thoroughly" means

using soap and warm water, and rubbing hands for 20 seconds.

**Freeze your juice box:** You can freeze juice boxes and use them as freezer packs. By lunchtime, the juice should be thawed and ready to drink.

**Hot Foods:** To keep hot foods hot, use an insulated bottle like a thermos for foods such as soup, chili, or stew.

**Non-Perishable Food:** Some food is safe without a cold source. Lunch items that don't need to be refrigerated include whole fruits and vegetables, hard cheese, canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard, and pickles.

If the lunch box comes home with food in it, make sure to throw away any perishable food items, because they have been unrefrigerated too long!



### CONTACT INFORMATION:

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