

Food for Thought

October 2024

Fun Fall Outdoor Activities

Fall is a great time to enjoy the changing seasons while getting your family out and about as the weather



Pumpkin Face Quesadillas



Baked Halloween Tortilla Chips

Sources: <https://food.unl.edu/free-resources/newsletters/family-fun-run/be-active-fall-5-family-friendly-ways>; <https://food.unl.edu/newsletter/family-fun-run/fun-outdoor-activities-your-family>; Fun Fall Family Outdoor Activities – IN THE KITCHEN (eatsmartidahointhekitchen.com); [fun_and_healthy_halloween_recipes_for_your_party.pdf](#) (illinois.edu); Healthy Halloween Snack Spooktacular | Extension | West Virginia University (wvu.edu) retrieved 09/30/24

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267