

# 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 cools a bit. Staying physically active is important for maintaining good health. Try these fun and active family ideas:

- ✦ **Take a walk around the neighborhood.** Check out the fall decorations people are putting out.
- ✦ **Play in the leaves with your kids.** This could be in your yard or at an area park. Make a maze through the leaves and then put them in a pile to jump in.
- ✦ **Explore area trails.** You choose – walking, running or riding bikes. Whatever works for your family. Take this time to enjoy the changing colors of the trees.
- ✦ **Visit an area pumpkin patch.** Just do a search online for pumpkin patches near me. This is a great way to get out and move your body while enjoying the season.
- ✦ **Find a corn maze.** Make it into a race to see who can complete the maze the fastest. Many corn mazes have a hunt to find different stations throughout their maze and then be the first person out.
- ✦ **Visit an apple orchard.** Who doesn't love the taste of a freshly picked apple. Visit a nearby apple orchard! Pick your own apples and eat them fresh or search for some apple recipes online such as a tasty apple crisp, a warm applesauce, or bob for apples to celebrate your harvest! Children are usually more likely to try a fruit or vegetable they pick or get from an orchard.
- ✦ **Go on a scavenger hunt.** A scavenger hunt could be done in your yard, neighborhood or park. Create a list or look for one on-line. Here are some items that could be included in your fall scavenger hunt:
  - Spider Web
  - Dandelion
  - Red Leaf
  - Twig
  - Rock
  - Flower
  - Acorn
  - Something Rough
  - Something Round
  - Something Smooth



### Pumpkin Face Quesadillas

- 8 whole wheat tortillas
- 2 cups shredded cheddar cheese
- 4 Tablespoons Light Sour Cream
- 4 Tablespoons Salsa
- Cooking spray



1. Wash hands with soap and water.
2. Carve pumpkin faces using a paring or kitchen knife in 4 of the tortillas. Make eyes and a mouth, carve a stem at the top.
3. Heat skillet and lightly spray with cooking spray.
4. Place one tortilla in the heated skillet and sprinkle with  $\frac{1}{4}$  cup cheese.
5. Top with carved tortilla face.
6. Heat quesadilla for a minute till cheese starts to melt.
7. Gently flip using a spatula. Cook another minute or until done.
8. Place each quesadilla on a plate. Serve with sour cream and salsa. Enjoy.

### Baked Halloween Tortilla Chips

- 10 whole-grain tortillas
- Halloween cookie cutters
- Cooking spray



1. Preheat oven to 400°F.
2. Wrap tortillas in a damp paper towel and microwave for 30 seconds with a damp paper towel. This will make them easier to cut.
3. Cut tortillas into fun shapes with Halloween cookie cutters.
4. Spray baking sheet with cooking spray. Put tortilla cut-outs on the sheet. Spray tops of tortillas with cooking spray.
5. Bake tortilla chips for 10 minutes or until chips are nicely browned. Serve with salsa, hummus, or other favorite dip.

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](http://eatsmartidahointhekitchen.com)); [fun\\_and\\_healthy\\_halloween\\_recipes\\_for\\_your\\_party.pdf](#) ([illinois.edu](http://illinois.edu)); Healthy Halloween Snack Spooktacular | Extension | West Virginia University ([wvu.edu](http://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



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