

Kiwi

Growing families the natural and organic way.

*New Guidelines
to Safe Sleep*

6 Steps to Raising *Kind Kids*

Allergy-Friendly Lunches

Delicious and School Safe

HALLOWEEN CRAFT CENTRAL

The Microbiome *and* Food Allergies

A DIGITAL CONFERENCE by **kiwi**

BEYOND THE LUNCH BOX

Snack Sessions



8 p.m. Wednesday October 12, 2022



Supporting Your Kids' Immune Systems During the School Year

A Q&A with integrative pediatrician, Dr. Joel Gator Warsh

Join us for expert advice from Dr. Joel Gator Warsh as he answers important questions on how to support your child's immune system and what to do when they get sick.

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EDITOR'S LETTER

School is back in session and we are hitting the ground running with recipes, crafts, and wellness content specifically created to help your family have the best year yet. While I'm sad to see the summer go, I'm excited to see how my preschooler will grow this school year.

I was lucky enough to speak with integrative pediatrician Dr. Elisa Song about the emerging area of research uncovering the connection between our gut microbiome and food allergies. As an allergy mom, I'm fascinated and full of hope for how this understanding may help my daughter in the decades to come. You can read all about it in our story, "The Gut Microbiome Connection to Food Allergies" (p. 13.)

To further this theme of food allergy awareness, we've put together three delicious school lunch ideas that are both kid-friendly and free of the top nine common allergens. Whether your kiddo has an allergy or their lunch buddy does, these dishes are a great idea for any kid eating in close quarters with others. You can find them in our story, "School Safe Lunches Kids Love" (p. 29.)

With Halloween creeping up on us, we got busy crafting the cutest little creatures you ever did see. I always attempt holiday crafts with my little ones, with varying outcomes of success, but these crafts are totally doable and absolutely adorable. Find them in "3 Eco Crafts to Celebrate the Spooky Season" (p. 22.)

There's so much more in this issue, so be sure to check out each page. From all of us at KIWI, we wish you a safe start to your school year and a very happy and healthy fall.



Maureen Frost
Editorial Director
maureen@kiwimagonline.com



PHOTO CREDIT: DANIELLE MODERMOTT

Beyond the Issue

There's so much more to love from **KIWI**.
Explore it all.

Hot Pins for Fall

For the latest crafts, recipes, and parenting advice to fit every season and celebration, be sure to follow **KIWI** magazine on Pinterest.

Follow **KIWI** magazine on Pinterest



FROM THE WEB

Don't miss our latest stories on kiwimagonline.com.



FAST FASHION: HOW TO SHOP SMARTER FOR KIDS CLOTHES

Maureen Frost



SLEEP AND SCHOOL GRADES: WHAT'S THE CONNECTION?

Maureen Frost



BATCHED BREAKFAST IDEAS FOR BUSY MORNINGS

Karen Kelly

KIWI Craft Central



Healthy Halloween Snack Board



DIY Yarn Pumpkins



Make Your Own Corner Bookmark

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Conquer healthy living at all ages and stages of life with us.



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and hear from our expert guests!



De Bolton



Dr. Elisa Song



Robin Shear

Or listen to previous seasons now.

What Listeners are Saying

“Excellent information! As an educator, I can apply these lessons to my students, too.”

—Elizabeth R.

“I really appreciate this podcast because it makes my family and I feel like we can have an impact! True—we can change the future our kids live under!”

—Robin Y.



Raising Healthy Families is available to listen to on kiwimagonline.com, momsmeet.com, Spotify, Apple Podcasts, and more.

NKIWI Now

What's New | What's Hot | What's Wow

“ Food waste is a particularly pernicious problem, because it's so solvable. Right now, globally, about 30% of food is wasted, the United States has about 40%, at the same time that millions of Americans don't have enough to eat. A big issue with food waste is that it's a huge driver of emissions and climate change, and it's also one of those things that is actually deemed one of the biggest solutions.



– Sophie Egan, *Raising Healthy Families with Moms Meet and KIWI*

Listen
to the
episode
now.



11 New Ways to Address the Climate Crisis

Project Drawdown has added 11 new solutions to its list of 82 drawdown technologies that can remove greenhouse gasses from the atmosphere.

“Humanity has the solutions needed to reach drawdown quickly, safely, efficiently, and equitably.”

– Project Drawdown

NEW CLIMATE SOLUTIONS

1. Seaweed farming
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5. Seafloor protection
6. Improved cattle feed
7. Improved manure management
8. Methane leak management
9. Recycled metals
10. Recycled plastics
11. Reduced plastics

Learn more about the new solutions [here](#).



— WHAT TO KNOW ABOUT THE

New Federal Safety Standard for Infant Sleep Products



As of June 23, 2022, the new Safety Standard for Infant Sleep Products set by the United States Consumer Product Safety Commission (CPSC) went into effect. According to the [release](#), “The new rule applies to inclined sleepers because infant sleep products must have a sleep surface angle of 10 degrees or lower. It also applies to any flat sleeping products that do not comply with the mandatory [Safety Standard for Bassinets and Cradles](#).”

All products manufactured on or after this date will be subject to this new rule. The goal is to rid the market of hazardous sleep products like inclined sleepers, travel and compact bassinets, and in-bed sleepers that don’t meet the safety standards for infant sleep for babies five months or younger. According to CPSC, 1,108 incidents which include 73 infant deaths, have been reported between January 2005 and June 2019.

Earlier this year, the Safe Sleep for Babies Act was also passed. According to a statement from Moira Szilagyi, president of the American Academy of Pediatrics (AAP) on the passage of this act, “The message from pediatricians has long been clear: the safest sleep environment for babies is a firm, flat, bare surface. Despite what the science shows, crib bumpers and inclined sleepers have remained on the market and store shelves, misleading parents into thinking they are safe and leading to dozens of preventable infant deaths. No family should ever experience this tragedy. When this bill becomes law, parents will have the long overdue peace of mind that these dangerous products can no longer find their way into their homes.”

To learn more, read the latest [Safe Sleep Recommendations from the AAP](#) [here](#).



Love Makes a Family by Sophie Beer (Starting at \$7.98, Dial Books, Ages 0–4 years)



In this bright, energetic board book, we're introduced to different types of households, including families with two moms or dads, one parent, or one of each. Through vivid, colorful illustrations, we learn that families can look different from one another, but they all share one important thing: love.

It's OK to be Different: A Children's Picture Book About Diversity and Kindness by Sharon Purtill (Starting at \$17.99, Dial Books, Ages 0–4 years)

This inspiring, beautifully illustrated book demonstrates that all children are different, and all should be celebrated for their individuality. Through simple, yet impactful rhymes, readers learn the importance of kindness and how to embrace differences in themselves and those around them.



My Shadow is Purple by Scott Stuart (Starting at \$15.29, Larrikin House US, Ages 3–5 years)



Heartwarming and inspiring, this vibrant picture book empowers children to find their path and challenge typical gender roles. The message is simple, yet powerful: we must be true to ourselves.

Completely Me by Justine Green (Starting at \$12.99, Green Rose Publishing LLC, Ages 4–7 years)

This heartfelt story addresses the unique challenges faced by children with disabilities. Inspiring to both kids and adults alike, this book teaches important lessons about acceptance and empathy.



The Hair Book by LaTonya Yvette (Starting at \$4.99, Sterling Children's Books, Ages 0–3 years)



With vibrant illustrations and poetic text, this inclusive book features a number of different hairstyles that celebrate the diversity of beauty. From short hair to hair covered in a hijab, readers will learn that beauty comes in all sizes, shapes, and colors.

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Your Moms Meet Back-to-School Survival Guide

It's back-to-school season! Finding products that make your life easier during one of the busiest times of the year is so important. Moms Meet has picked some of their favorite brands to help you survive this hectic time.

GMOs, artificial colors, artificial flavors, or preservatives. Plus, it's the first mac and cheese ever to win the Clean Label Purity Award and is championed by Wonder Woman herself, Gal Gadot. (Starting at \$14 for a 4-pack, goodles.com)



Prebiotic and Protein-Packed Mac and Cheese

Say hello to better weeknight meals with **GOODLES Shella Good and Cheddy Mac**! Their mac and cheese provide 15 grams of protein, 6 grams of fiber, prebiotics, probiotics, and 21 nutrients from organic plants. Each box contains real cheese, and none of the bad stuff like

Immune Support In a Delicious Elderberry Syrup

Support optimal immune health with elderberry and zinc. **MegaFood Elderberry Zinc Immune Support* Syrup** is a delicious option that supports the whole family. Just one serving delivers elderberry and 100% of your daily value for zinc, along with aronia berry for additional nourishment. Plus, this elderberry syrup is formulated to support immune health for the whole family, including children ages 4+. (Starting at \$26.99, megafood.com)



What's hot at momsmeet.com!



A Peanut-, Tree Nut-, and Dairy-Free Snack

This year, send kids back to school with a safer snacking option. **School Safe Muffin Bars** are peanut, tree

nut, and dairy free, making them the ideal option for nut-free schools. They have a bakery soft moist texture that kids love and parents trust. Plus, each bar is individually wrapped to promote freshness and food safety while also being the perfect size to toss into a lunchbox. (Find them in a store near you on treasuremills.com)



Feel-Good Comfort Food

Feel good about eating your favorite comfort food again. Made by Italian pasta masters using only chickpeas and lentils, **Chickapea Organic Spirals** are packed with 23 grams of plant-based protein per serving—about as much as a serving of chicken! It's also certified gluten free, organic, vegan, and non-GMO. Chickapea is not only a women-led business, but it makes it easier for people to support sustainable, organic farming practices. (Starting at \$30 for a 6-pack, chickapea.com)

A Multivitamin Gummy Your Kids Will Ask For

Make sure your kids get the vitamins and minerals they need this fall. **MaryRuth's Kids Vegan Multivitamin Gummies** are chewable, sugar-free gummies that are packed with vitamins to aid in your child's normal growth and development as well as support immune health.* These gummies are free of common food allergens such as dairy, nuts, gluten, wheat, and nightshades, and they are also vegan, pectin-based, and non-GMO. (Starting at \$29.95, maryruthorganics.com)



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



by Maureen Frost

the Gut Microbiome Connection *to* Food Allergies

The gut influences so many key processes in the body. Research over the past 40 plus years has increasingly pointed to just how important a healthy gut microbiome is in understanding the risk for food allergies. It's also shown us how we can better support a baby's gut microbiome in those crucial early days, and potentially lead to exciting future therapeutics aimed at allergic diseases.

A food allergy diagnosis can be life altering for a family. It can leave parents feeling helpless and overwhelmed as they try to coexist with the allergy and build a new normal for their affected child and family. But emerging research exploring the connection between food allergies and the gut microbiome could spark hope and prove beneficial in the treatment and prevention of food allergies in the future.

What Does the Gut Microbiome Have to Do with Food Allergies?

I spoke with Dr. Elisa Song, integrative pediatrician and functional medicine expert, to learn more about this connection. We know that 70–80% of the immune system is located in your gut. Food allergies occur when your immune system mistakenly treats a certain food as a harmful substance and responds by releasing histamine.

She explained that the gut microbiome has much to do with our immune system not interpreting these foods appropriately. According to Dr. Song, “The way our gut microbiome develops, even from the time [our babies] are inside our bodies, from the moment that they’re born, we can see the effects of the gut microbiome on their future risk for developing not just food allergies, but any allergic disease.”

Anything that increases our children’s risk of gut dysbiosis can increase our risk for food allergies.

Research has shown that gut dysbiosis, which is an abnormal array of gut microbes in the intestines, precedes the development of food allergies. “So anything that increases our children’s risk of gut dysbiosis can increase our risk for food allergies,” she says. Furthermore, studies have shown that individuals with food allergies have a different gut microbiome composition compared to those without food allergies, further proving the gut’s influence over allergy risk.

Why are Food Allergies on the Rise?

There are many related factors contributing to this rise in food allergies in Western cultures. Before we take a look at lifestyle changes, it’s important to understand how these factors affect the gut and gut bacteria. It is thought that the rise in allergies may be influenced by the microbes we are or aren’t exposed to in early life.

David Strachan’s 1980 “hygiene hypothesis” proposed that exposure to microorganisms in the early years of life protected against allergic diseases and that our ultra clean modern lifestyle may be a contributing risk to developing allergies for babies. In 2003, Graham Rook and his team developed the “old friends” hypothesis as an evolution of this earlier notion.

The “Old Friends” Hypothesis

“[The ‘old friends’ hypothesis] suggests that early and regular exposure to harmless microorganisms—‘old friends’ present throughout human evolution and recognized by the human immune system—train the immune system to react appropriately to threats,” according to literature from Proceedings of the National Academy of Sciences on the subject. “It’s not that children in developed countries aren’t subject to enough infections when they are young,” the article noted, “but that their exposure to the microbial world is far more circumscribed than it once was.”

Furthermore, “Exposure to nonpathogenic microbes activates a variety of immune processes, including T_{reg} cells, to regulate the immune system appropriately.

So, with fewer old friends to learn from, our immune systems grow up to be trigger-happy.” In short, when we are exposed to too few of the old “friendly” germs that assist in training our immune systems how to correctly respond, our immune systems may be more prone to treat something harmless as an enemy.

Research has shown that the prenatal and early infancy time periods are crucial in the development of one’s gut microbiota. A baby’s gut colonization can be influenced by how they were delivered (vaginal versus cesarean section), through breastfeeding, by contact with other family members, and more.

How to Support Your Child’s Gut

Advice from an integrative pediatrician

- Introduce fermented foods like kombucha, kefir, and miso soup into their diets. For those with wider palates, you can also try sauerkraut and kimchi.
- Offer a wide variety of fiber-rich foods including whole fruits and vegetables, beans, and whole grains.
- Opt for minimally processed foods.
- Supplement with a prebiotic and probiotic, especially when antibiotics are used.
- Prioritize sleep.
- Spend time in nature; let your littles get dirty.

These recommendations are not only suggested for the child but also for the mother, starting before pregnancy.

Antibiotics, Dr. Song shares, are a contributor to gut dysbiosis in modern society. To be clear, antibiotics are lifesaving and appropriate in multiple healthcare situations, but it’s important to only use them when necessary. Because antibiotics indiscriminately kill off bacteria, no matter if it’s considered “good” or “bad” bacteria, supporting a healthy gut before, during, and after use is imperative.

Protective Measures Against Food Allergies

“The Role of the Microbiome in Food Allergy”, a study that looked at multiple trials and analysis over a 20-year period, confirms that, “Children growing up with older siblings have a lower incidence of allergic disease, compared with children from smaller families, likely due to their early exposure to environmental microbes in the home. Additionally, factors associated with a decreased risk of developing allergic disease later in life include being born via vaginal delivery, being breastfed during the first four months of life, pet ownership, and the absence of early antibiotic exposure. By contrast, growing up in an urban, Westernized environment is associated with increased rates of asthma, atopic dermatitis and food allergy.”

How to Support Your Child Nutritionally with Food Allergies

Following guidance on how to support a healthy gut is paramount to supporting your child’s overall health. While some individuals may outgrow food allergies, there is currently no cure. For kids who have been diagnosed with food allergies, a parent’s top priority will be to keep them from accidental exposure or ingestion of the allergic food. Beyond this, though, Dr. Song suggests a few nutritionally supportive areas to focus on that may reduce the histamine reaction if exposed.

She explains that a type of white blood cell called a mast cell is responsible for releasing an inappropriate amount of histamine when an allergen attaches to it. To stabilize and support these mast cells, she recommends eating foods that are rich in quercetin. Doing so, she says, may lessen the histamine released upon exposure

to an allergen. “The more quercetin we have in our system, the more ideal it is, not just with food allergies, but for kids where histamine is a problem with asthma, eczema, or hay fever.” There are many foods rich in quercetin that you may already be feeding your kids or can readily add to their diet.

Dr. Song has also pointed to both zinc and iron, two common nutrient deficiencies for babies, as important parts of the nutritional puzzle. She explains that zinc is also a natural mast cell stabilizer and can help support a healthy gut lining. Protein offers a rich source of both nutrients and she recommends animal protein, shellfish, seeds, and legumes as avenues to get the proper amounts. Lastly, she highlights the importance of a high-fiber diet because it feeds the gut microbiota, which in turn supports a healthier gut. Fiber can be found in fruits and vegetables, whole grains, beans, chickpeas, and lentils.

The Future Therapeutic Possibilities

As the connection between food allergies and the gut microbiome have come into clearer view over decades of research, there are exciting prospects for treatment being explored. Dr. Song cautions that it can take as long as or longer than 17 years for research to translate into clinical practice. “Food Allergy and the Microbiome: Current Understandings and Future Directions” a cohort study exploring the relationship between allergies and the microbiome and potential therapies states that, “Diet, probiotics, prebiotics, synbiotics, and fecal microbiota transfer represent potential microbial therapeutics for food allergy prevention and treatment.”

While fecal microbiota transfers are on the distant horizon, focusing on diet, probiotics, and prebiotics now is something families can do that may have potential benefits without causing harm, explains Dr. Song.



To hear the full interview with Dr. Song on the connection between food allergies and the gut microbiome, listen to our podcast, Raising Healthy Families with Moms Meet and KIWI. This episode airs on September 14, 2022 and is available on Spotify, Apple Podcasts, and more.

Dr. Song's Top Quercetin-Rich Foods

RAW ONIONS

BERRIES

RED APPLE
(WITH SKIN)

BROCCOLI

RED GRAPES

TOMATOES

KALE

ASPARAGUS

SPINACH

GREEN TEA

CAPERS

BLACK TEA

WATERCRESS

RED LEAF
LETTUCE

CHERRIES

CHILI PEPPERS



Dr. Elisa Song is an integrative pediatrician, pediatric functional medicine expert, and mom to two thriving children. In her integrative pediatric practice, Whole Family Wellness, she's helped thousands of kids get to the root causes of their health concerns and helped their parents understand how to help their children thrive—body, mind, and spirit—by integrating conventional pediatrics with functional medicine, homeopathy, acupuncture, herbal medicine, and essential oils. Dr. Song created *Healthy Kids Happy Kids* as an online holistic pediatric resource to help practitioners and parents bridge the gap between conventional and integrative pediatrics with an evidence-based, pediatrician-backed approach.



By Sarah Sandor





Raising Kind Kids

IN A DIVERSE WORLD

As parents, we have goals for our children; we have hopes. We dream of our babies one day becoming doctors and engineers, baseball players and musicians. We envision the future, where they are successful adults with little hardship, because we want only joy for them. We wish for them less struggle than we faced, less hurt, and above all else, we wish for them to be *happy*.

We promise ourselves we'll do whatever we can to ensure our children are happy. We read parenting books, listen to podcasts, talk to other moms and dads, searching for ways to guarantee happiness. And these different resources all reveal the same concept: when we raise *kind* kids, we raise *happy* kids.

Experts in psychology tell us that there is a direct correlation between happiness and kindness. "If parents want their kids to be happy, teaching kindness needs to be a priority," says licensed marriage and family therapist Alexandra Volkheimer. "Being kind to others improves self-esteem and mood, which are key ingredients in happiness."

Volkheimer notes that even just observing kindness has positive effects. She explains that when we witness an act of kindness, it triggers the production of serotonin, the "happiness hormone," as well as oxytocin, the "love hormone," which is associated with increased optimism, confidence, and lower blood pressure. "We know that kindness is good for the mind *and* the body," she says.

Of the many lessons and skills I will try to teach my son as he grows up, raising him to be kind is number one. In a world that sees far too much cruelty and judgment, I have promised myself I will achieve this; I will raise a kind, empathic human. It's crucial, and much more important to me than his grades, his athleticism, his appearance. Of course, I want him to have a thirst for knowledge, to chase

after big dreams, but I also want—no, need—him to be able to empathize with others and to understand the power of kindness. I need him to see the impact of being kind and the depths it can reach. And it's up to my husband and I to show him.

In *Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids*, author Hunter Clarke-Fields writes, "You've probably realized already that children tend to be terrible at doing what we say, but great at doing what we do. From infancy, we are teaching our children how to treat others by the way we treat them. How we respond to our children on a moment-to-moment basis creates a pattern that our children may follow for a lifetime. Therefore, the onus is on us to behave the way we want our children to behave."

Our acts of kindness should not be random; they should be constant, deliberate. Being kind should be part of our routine—wake up; be kind; put on a pot of coffee; be kind; go to work; be kind; go to the grocery store; be kind; cook dinner for the family; be kind; catch up on your favorite TV crime drama; be kind; get some sleep; repeat. We must teach our children that kindness is something that should always be carried with them. It should always be at the forefront of their actions, and it should prevail above everything else.

"We raise our children to be kind and empathic by being kind and empathic," says licensed social worker and psychoanalyst Erica Komisar, author of *Chicken Little the Sky Isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety*. "Kindness breeds kindness," she notes. "And if you're kind to your doorman or elevator man; if you're kind to your friends; if you're kind to your spouse; if you're kind to your animals, children will model your behavior."

Tips for Raising Children to be Kind and Empathic

Prioritize kindness and set expectations

If we want our children to be able to step inside someone else's shoes and show them compassion, it's important we tell them that being kind to others is a top priority and just as important as their own happiness. They must understand how seriously we take this. "Make it known that being kind is non negotiable...that you expect it from them," suggests Volkheimer. "Kids don't like to disappoint their parents, so let them know what the consequences would be if you were to witness them being unkind." Will bullying be tolerated in your household? Let your children know that any action with the intent to hurt someone, physically or emotionally, is not acceptable.

Be a strong role model and practice what you preach

In certain respects, learning empathy is similar to learning a language or a sport; it requires practice and guidance. Our children learn by watching what we do, so we must make sure we are always being kind and polite—in every situation. The more our children hear us say things like "thank you" and "please," the more likely they are to do the same. "The most important thing is to model sensitivity and empathy for your

"Kindness gives birth to kindness." —Sophocles



children. When you model it, they practice it. If your words don't match your actions, there's no use. There's no use in teaching something to your children that you yourself don't practice," Komisar says.

Use the language of kindness

Incorporating kind language into conversations helps convey to your children how highly you value it. For example: "Would you be kind enough to grab me a glass of water from the kitchen?" Or "Thank you. That was very kind of you." The more our children hear words and phrases related to kindness, the more natural it will come to them.



"It is time for parents to teach young people early on that in diversity there is beauty and there is strength." —Maya Angelou

As Komisar points out, it's also important that as parents, we extend kindness to many types of people—not just those in our immediate circle, not just those who look or speak like we do. We must demonstrate compassion and empathy to people who are different from us and engage in conversations with our children about diversity.

Tips for Raising Children Who Accept, Respect, and Celebrate Differences

Champion their curiosity and acknowledge others' differences

Children are naturally curious and we should encourage them to ask questions related to others' differences. Do not pretend we are all the same. We are all different, and our differences should be celebrated.

Encourage friendships and social interaction

Forming personal connections with people different from ourselves leads to reduced prejudice and increased understanding. It's important that we encourage our children to get to know people unlike themselves.

Help build their self-esteem

The late psychotherapist and founder of the self-esteem movement in psychology, Nathaniel Branden, wrote, "There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity." Letting our children know how much we love them, praising them and others, asking for their advice or opinion, and helping them achieve goals all foster high self-esteem.



3 Eco-Crafts to Celebrate the SPOOKY SEASON


By Maureen Frost
and Danielle McDermott

Grab your goblins and ghouls (and mermaids, too!) because we've got some Halloween crafts that are oh-so-perfect for you.

Made from recycled materials found around the house and simple craft supplies you may already own, your kids will have a blast making these spooky creations.



Apple Stamp Pumpkin Patch



Craft the cutest pumpkins in the patch with this simple stamp project that's perfect for toddlers just learning and big kids looking to make a big impact in a unique way.

Materials

1 apple

Orange paint

Scissors

Clear glue

Paper plate

Brown and green pipe cleaners

White construction paper or thick paper stock

Directions

1. Parent, cut the apple in half.
2. Squeeze a generous amount of paint onto the paper plate to cover the cut apple.
3. Place your apple, cut side down into the paint, assuring that it is fully covered in paint.
4. Lift your painted apple and stamp the white paper.
5. Repeat the process to fill the paper and let it dry.
6. While drying, cut out the stems and leaves for your pumpkins, spiralizing the leaves.
7. Glue the googly eyes to the pumpkins, pressing firmly to secure in place.
8. Glue the stem and leaves on each pumpkin, holding in place for glue to dry adequately.

Toilet Paper Roll CREATURES



The opportunities are endless and the results are always cute when crafting a character out of toilet paper rolls! Let your littles choose their character or create one using our Halloween favorites.

Pro Tip! Start saving your toilet paper rolls a week ahead so that you have plenty for your craft.

Materials

Toilet paper rolls

Construction paper

Pipe cleaners

Washable paint

Paint brushes

Googly eyes

Scissors

Clear glue

Directions

1. Decide your characters.
2. Using paint or construction paper, cover the rolls accordingly, allowing for the correct proportions for a head only or head and upper body. *Note, if painting, allow enough time for your roll to dry fully before decorating.*
3. Glue googly eyes on and hold in place until secure.
4. Using your materials, like construction paper and pipe cleaners, create your accessories for each character. You may also wish to paint on white paper for a given accessory. *Note, for the Toilet Paper Mummy, cut a paper towel in strips and glue each strip in a different pattern to cover the roll, leaving gaps in between.*



MONSTER MASKS





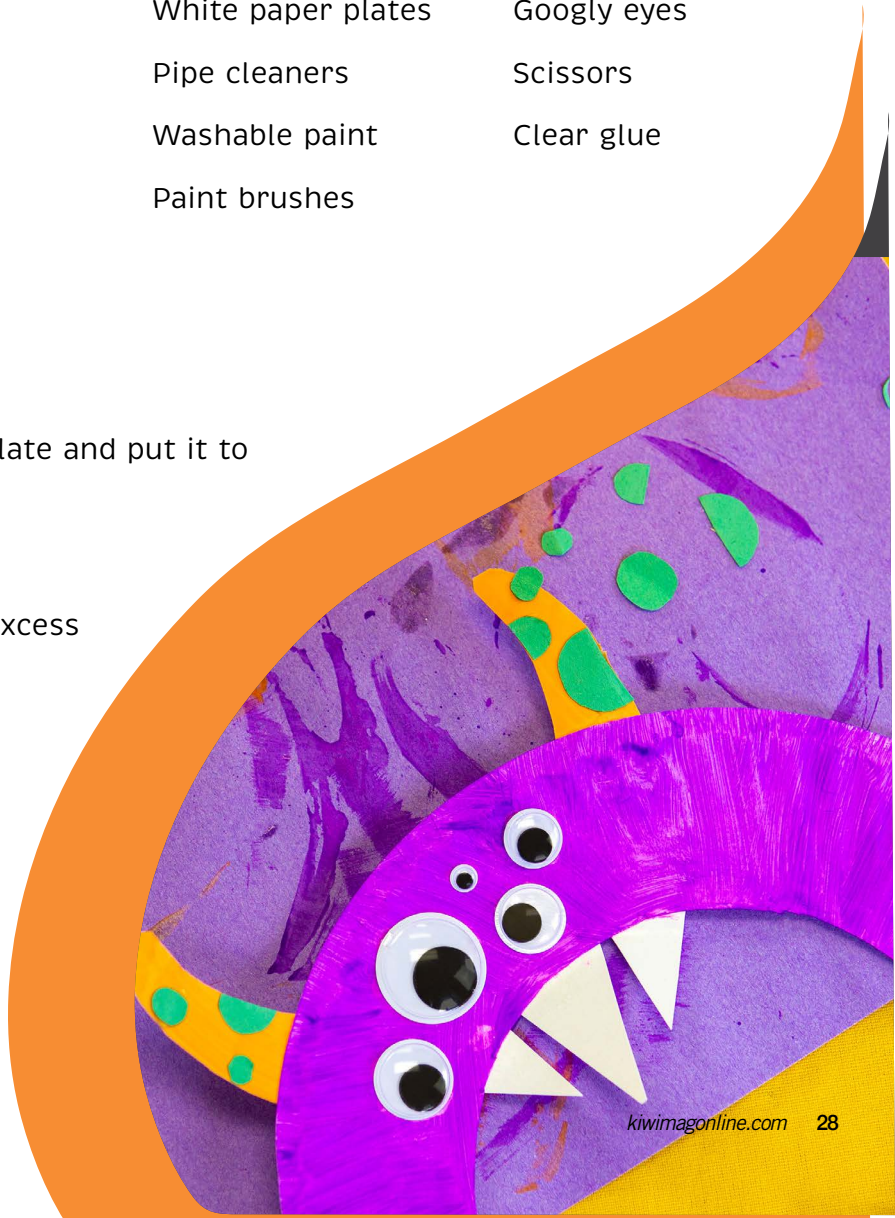
Give the whole neighborhood a good scare with these frighteningly fun monster masks. Whether your kids want to run around the block or hang them up for all to see, these simple masks can kickstart any kids' imagination.

Materials

- | | |
|--------------------|-------------|
| White paper plates | Googly eyes |
| Pipe cleaners | Scissors |
| Washable paint | Clear glue |
| Paint brushes | |

Directions

1. Cut out the center of the paper plate and put it to the side.
2. Paint your monster and let it dry.
3. Cut out teeth or fangs from the excess paper plate.
4. Once the plate is dry, glue on all accessories. We recommend any combination of teeth or fangs, glasses, spots or scales, or eyebrows.
5. Pro tip: If using pipe cleaners, hold in place firmly so that the glue has time to dry.





School Safe Lunches — RECIPES BY KAREN KELLY — Kids *Love*

Whether it's your kids or their classmates who are affected, food allergies are a prevalent concern for many school-aged children. Packing food that's safe for everyone to be exposed to in the cafeteria allows for an easier time for all.

Here are some yummy and nutritious options that are free from The Big 9 or top nine most common allergens: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy, and sesame.

Sunflower Butter and Fresh Berry Wraps

This quick and simple recipe can be made in a flash and is sure to please your little berry lovers.

INGREDIENTS

2 gluten-free wraps
2 Tablespoons sunflower butter
½ cup fresh strawberries, cherries, and blackberries, diced

DIRECTIONS

1. In a small bowl add the diced cherries and berries and toss gently.
2. Spread the tortillas generously with sunflower butter and top with berry mixture.
3. Roll gently.
4. Cut in half or cut in smaller pieces for bite-sized fun.

MAKES 2 SERVINGS

242 calories, 12 g fat, 6 g protein, 4 g fiber, 4 g sugar



KIWI
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Easy Falafel with Tzatziki

These delicious dippers are the ideal addition to your child's lunchbox. With a mild savory taste, they're a great way to introduce your kids to new flavors.

INGREDIENTS

Falafel

- 1 15-ounce can chickpeas, drained
- 1 Tablespoon chopped fresh parsley
- 4 cloves of garlic, chopped
- 1 teaspoon cumin
- 3 Tablespoons gluten-free all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- Vegetable oil for frying

Tzatziki

- $\frac{1}{2}$ cup dairy free plain yogurt
- $\frac{1}{4}$ cup diced cucumber
- $\frac{1}{2}$ lemon, juiced
- 1 Tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon dried dill
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

DIRECTIONS

1. In a food processor fitted with a metal blade, combine drained chickpeas, parsley, garlic, cumin, flour, salt, and pepper. Pulse gently until it becomes course, but do not over blend.
2. Using an ice cream scoop, form mixture into equal sized balls about two inches in diameter, squeezing gently to compact. Place in the refrigerator while heating the oil.
3. In a large pot, add one inch of vegetable oil and heat over medium heat until it reaches about 350°. Cook the falafel in batches for about 3–5 minutes or until browned. Remove the cooked falafel from the oil and place onto a plate lined with a paper towel to absorb excess oil.
4. In a small bowl, gently mix all the tzatziki ingredients.
5. Serve falafel with tzatziki, pita, and sliced cucumbers.

MAKES 4 SERVINGS

266 calories, 15 g fat, 2 g protein, 5 g fiber, 1 g sugar



Rainbow Pasta Salad

Mix in some veggie goodness and peep the pretty colors of this vibrant pasta salad featuring every kid's favorite: noodles!

INGREDIENTS

Pasta Salad

- 12 oz gluten-free pasta
- 2 cups sliced cucumber
- 1 cup sliced mini sweet pepper
- 1 pint cherry tomatoes, sliced in half

Dressing

- ¼ cup extra virgin olive oil
- 2 Tablespoon fresh lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- Chopped fresh basil (optional)

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add pasta and cook for 6–10 minutes, depending on package directions.
2. Rinse cooked pasta with cool water, drain well, and put in a medium-sized bowl.
3. Add cucumber, tomato, and peppers.
4. In a small bowl, add all dressing ingredients and whisk well with a fork. Pour over pasta salad and toss gently. Salt and pepper to taste.
5. Store in an airtight container in the refrigerator for up to four days.

MAKES 8 SERVINGS

307 calories, 8 g fat, 5 g protein, 3 g fiber, 4 g sugar





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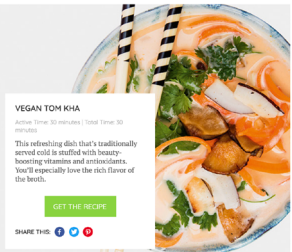
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GET THE RECIPE

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This fluffy yet crunchy treat is lightly sweetened with brown sugar and filled with chopped pecans for a cookie that's just a grainome used to make.

GET THE RECIPE

TINY SPICED SNOWBALL CO

Active Time: 30 minutes / Total Time: 30 minutes

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BRUSSELS SPROUTS

WHY WE LOVE THEM: When prepared correctly, Brussels sprouts have a sweet, nutty, smoky flavor, and can be eaten either raw or cooked. They are a great source of protein, iron, and potassium, and are high in vitamin C, fiber, folate, and antioxidants. Eating Brussels sprouts may help protect against certain health issues, such as high blood pressure, high cholesterol, heart disease, diabetes, and certain types of cancer. They also have carotenoids, which are good for your eyes.

HOW TO CHOOSE THEM: Look for bright green Brussels sprouts that feel firm when squeezed. You'll want to find sprouts that are on the smaller side, which will be more tender and sweeter than the larger ones. Avoid those with leaves that have holes or are shriveled, wrinkling, or withered. A few dried or yellow outer leaves are okay, but they should be tightly layered together.

HOW TO STORE THEM: Store Brussels sprouts in a plastic bag in the crisper drawer of your refrigerator. While they can last up to a couple of weeks, you'll want to try to use them as soon as possible. They tend to lose sweetness with age, and their flavor will start to become unpleasant and bitter after a few days.

DELICIOUS WAYS TO USE THEM: When using raw Brussels sprouts (great for slaws, salads, and soups), it's best to cut each sprout crosswise so the leaves separate into thin, lettuce-like shavings. When cooking Brussels sprouts, you have the option to boil, roast, steam, braise, or sauté them, but remember to cook them just until tender. If you overcook them, they will get bitter and mushy.

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