

METABOLIC CHANGE OCTOBER 2020 NEWSLETTER



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HAPPY & HEALTHY HALLOWEEN

1. **Throw a virtual Halloween party.** For *The Bash's* How to Host a Virtual Halloween party, click [here](#).
2. **Make a Halloween pinata.** For *Frog Prince Paperie's* cute mini Halloween pinatas to ghost your friends and family with, click [here](#). For *DIY Network's* 10 Creative DIY Halloween pinatas, click [here](#).
3. **Bake Halloween Treats.** For *Good Housekeeping's* 57 Spooky Halloween Desserts and Treats to make This October, click [here](#). For *Taste of Home's* Top 10 Halloween Recipes, click [here](#).
4. **Decorate Pumpkins.** For *Better Homes & Gardens'* Cutest Pumpkin-Carving Ideas for Kids, click [here](#). For *Funny Money Mom's* 13 Amazingly Cool Pumpkin Carvings, [click here](#).

5. Watch Halloween Movies. For *Buzzfeed's* list of 19 Movies for People Who Love Halloween But Hate Horror, click [here](#). For *Kindly Unspoken's* list of The Best Halloween Movies for Kids and Families, click [here](#).

6. "Boo" friends and neighbors. For *Funky Polkadot Giraffe's* Halloween gift ideas to "boo" friends and neighbors, including free printables, click [here](#). For *It's Written on the Walls'* 16 Versions of You've Been Booped! Fun Treats for the Neighborhood! click [here](#).

7. Play murder mystery games, go on a Halloween scavenger hunt, or host an online friends and family game night. For *The Spruce's* list of free murder mystery games, click [here](#). For *What You Make It's* Virtual Family Games You Can Play on Zoom, including Apples to Apples, Pictionary, Scattergories, & Charades, click [here](#).

HOT DOG MUMMIES

8 All-Natural Turkey or Vegan Hot Dogs

1 Can Annie's Organic Refrigerator Crescent Rolls

Separate crescent triangles. Spread out each triangle and cut lengthwise into strips. Wrap each hot dog in dough strips, leaving a strip of hot dog uncovered for the eyes. Bake according to package directions.

MONSTER FRIES

Chopped Onions

Alexia House Cut Fries

Low-Fat Shredded Cheddar Cheese

All-Natural Thousand Island Dressing

Bake fries according to directions. While fries are baking, saute onions until caramelized. Place fries on baking sheet or plate. Top with onions, dressing, and cheese. Bake or microwave until cheese is melted.