



Pumpkin Perfection

Pumpkin isn't just for carving and pumpkin pie – it's a nutrient-packed ingredient that can be an easy addition to your child's meals and snacks. Pumpkin is rich in beta-carotene, which the body converts to vitamin A, as well as fiber, potassium, and vitamin C, helping support healthy vision, digestion, and growing bodies. Try mixing it into [oatmeal](#), [pancakes](#), [smoothies](#), [muffins](#), or even savory dishes like soups and pasta. Get the kids involved in the kitchen and explore some fun pumpkin recipes together!

And don't forget about the pumpkin's seeds, which are rich in healthy fats and antioxidants. Enjoy them sweet or salty by snacking on roasted pumpkin seeds from the store or making healthy [chocolate bites](#).

Planting Fun-Filled Flavor

Just because the weather is getting cooler doesn't mean the gardening fun has to stop! An [indoor herb garden](#) is an easy, low-cost project that can give kids a hands-on connection to the foods they eat. Follow these [simple steps on PBS](#); make it even more interactive by letting your child choose an herb, decorate its pot, and keep a simple "garden journal" to record how tall the plant grows each week. Once they're ready to harvest, bring their hard work to the dinner table by adding fresh herbs to pizza, pasta, eggs, soups, sandwiches, or homemade dips.





Balancing Halloween Candy & Health

Halloween is about costumes, fun, and (of course) candy! Rather than putting strict limits on how much candy your child can have, use Halloween as an opportunity to teach balance, moderation, and mindful enjoyment. [Psychology Today](#) recommends letting kids enjoy their favorite treats without labeling candy as “bad”. Continue offering regular and balanced meals to keep their tummies full, while letting them enjoy a few pieces of candy with family and friends. Remember, one night of candy won't define your child's health; the everyday habits you build together matter more!

Need ideas for how to talk about candy to your kids? Visit [WithAll's comprehensive discussion here](#).

Bread Basics

With so many breads lining the grocery store shelves, choosing the “right” one can feel surprisingly complicated! When comparing products, I'd recommend looking at:

1. First Ingredient: Whole Wheat Flour
2. Fiber: Aim for 2-3+ grams per serving
3. Don't get fooled by words like “multigrain”, “wheat”, “honey wheat”, or “made with whole grains” – they don't necessarily mean the bread is primarily whole grain.

Reminder: Don't stress if your child prefers white bread! A balanced diet is about what your child eats over time, not one individual food. Other whole grains you can offer are: [oatmeal](#), [whole-grain cereal](#), [brown rice](#), [whole-grain pasta](#), or [popcorn](#).

RD Tip: If you're looking to switch from white to whole wheat, first try a [softer](#)

Nutrition Facts

16 Servings Per Container

Serving size

1 Slice (43g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 19g 7%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 3g Added Sugars 6%

Protein 5g 3%

[whole-wheat bread](#) or a [whole-grain white bread](#) as a stepping stone!

INGREDIENTS

MADE FROM **WHOLE WHEAT FLOUR**, WATER, SUGAR, CRACKED WHEAT, YEAST, WHEAT GLUTEN, WHEY, CONTAINS 2% OR LESS OF: VEGETABLE OILS (SOYBEAN AND/OR CANOLA), SUGARCANE FIBER, SALT, CALCIUM PROPIONATE AND SORBIC ACID TO EXTEND FRESHNESS, DATEM, MONOGLYCERIDES, NATURAL FLAVOR, SOY LECITHIN.
CONTAINS: WHEAT, MILK, SOY.

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About the author



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Abbie Hebron is a Registered Dietitian, specializing in pediatric nutrition (Certified Specialist in Pediatric Nutrition). She graduated with her Bachelor of Science in Dietetics from Missouri State University, and then attended the University of Rhode Island where she earned her master's degree. She is a member of the Academy of Nutrition and Dietetics and was the recipient of South Carolina's Recognized Young Dietitian of the Year Award in 2022. In her free time, Abbie enjoys baking, traveling, hiking, and playing tennis with family and friends.

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