

Healthy Halloween Party Shopping List **From Seasonal Wellness 4U**

Everything you need for an inclusive, healthy celebration!

Party Date: _____ **Number of**

Guests: _____ **Budget:** \$ _____

Special Dietary Needs: ☐ Nut Allergies ☐ Diabetic ☐ Vegetarian ☐

Gluten-Free ☐ Other: _____

Produce Section

Cherry tomatoes *1-2 pints*

Bell peppers – orange *6 for stuffing*

Bell peppers - red/yellow *2-3 for veggie sticks*

Carrots: *Large bag, 10-12 carrots*

Celery *1 bunch*

Apples *3-4 (Granny Smith or Honeycrisp)*

Bananas *4-5 for frozen pops*

Limes *3-4 for mocktails*

Fresh basil *1 bunch for caprese*

Fresh mint *1 bunch for mocktails*

Pomegranate *1 fresh (or juice aisle)*

Lemon *1 for apple browning prevention*

Proteins & Dairy

Fresh mozzarella balls *8 oz container*

Shredded cheese *2 cups (cheddar or mozzarella)*

Plain Greek yogurt *16 oz for banana pops*

Turkey/chicken sausages *1 package (8-10 links)*

Cooked chicken strips *for picky eaters*



Pantry Staples

Quinoa *1 cup dry*

Black beans *1 can (15 oz)*

Corn *1 cup (frozen or canned)*

Rolled oats *for energy balls*

Sunflower seed butter *NUT-FREE! Check label*

Honey *for energy balls*

Shredded coconut, *Unsweetened preferred*

Mini chocolate chips *1 bag*

Raisins *Lower-sugar eye option*

Black olives *can, sliced*

Hummus *2 cups (nut-free brand!)*

Balsamic glaze *for caprese*

Ranch dressing *for spider web pizza*

Pretzels *for energy ball "stems"*

Mini marshmallows *1 bag*

Pumpkin puree *1 can (15 oz)*

Cumin *Check pantry first*

Chili powder, *Check pantry first*



Bakery/Freezer

Crescent roll dough, *1- 2 tubes for mummy dogs*

Flatbreads or pizza crusts *for spider web pizzas*



Beverages

Sparkling water *2-3 liters (plain or lemon-lime)*

100% cranberry juice *1 bottle*

100% pomegranate juice *1 bottle*

Orange juice *100% juice, 1 container*



Party Supplies (Non-Food)

Small skewers/toothpicks *for caprese*