

## 6 WAYS TO STILL HAVE AN EPIC PANDEMIC HALLOWEEN

by *Scarry Mommy*

A pandemic Halloween won't look like Halloweens past (the CDC considers trick-or-treating a "high risk" activity)... [but we] are determined to make a pandemic Halloween as awesome as possible with what we have.



### Decorate, Decorate, Decorate

The pandemic hasn't given us much to look forward to, and Halloween's a milestone we can all be excited about: kids and adults alike. To make the most of our pandemic Halloween, we're pulling out all the stops on decorations. I'll drape the house in fake spiderwebs. I'll haul out all the yard decorations. I'll stick pumpkins in every freaking corner, inside and out. We'll carve them at least twice: once in the beginning of October, and once near the end. The more Halloween-y it looks, the more my kids will understand that yes, the holiday is coming; no, it's hasn't been canceled like so much else.

### Pandemic Halloween Doesn't Mean No Costumes

I will dress my kids as whatever they want. If I have to make the costumes, I'll do it. But this Halloween, they'll wear whatever they want, and they'll wear it as often as they want: none of the usual "wait until Halloween" admonishments. They need to remember the holiday, and so they get to wear those costumes out.

I'll make sure I have a costume for myself this pandemic Halloween. It's more important now than ever. And not, like, a witch hat either.

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Do one thing every day  
that scares you.

- Eleanor Roosevelt

[Quotes sourced from Self By Design](#)

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### October's Book Recommendation

#### *The Noonday Demon*

By Andrew Solomon

No list on the best mental health books would be complete without this National Book Award winner and Pulitzer Prize finalist. *The Noonday Demon* takes a deep, comprehensive look at depression through the lens of both Andrew Solomon's personal experience and the experiences of others with the mood disorder. The nearly 600-page book also explores the cultural, political and scientific facets of depression.

## Craft It Up Before Pandemic Halloween

I am planning Halloween crafts like a *Pinterest* mom. We will cut out pumpkins and color them. We will cut out pumpkins and use potato stamps to stamp triangles onto them. We will craft ghosts out of tissue paper. We will construct pipe-cleaner spiders. We will do all the crafts for pandemic Halloween, and we will sprinkle them all over the house, because the kids need to know: the holiday is still happening, and whatever shape it takes is going to be awesome.

## Spooky Themed Meals

I might whip up Disney's pumpkin pancakes for breakfast. Dinner might be spaghetti and "eyeballs." Or it might be meatloaf haphazardly shaped into a mummy. We have to eat, so we may as well do it around a fun Halloween theme.

## Pandemic Halloween Movie Night

Like Katie Cunningham suggests, there will be a super-special Halloween movie night with special Halloween popcorn and candy. We'll watch things like *Hocus Pocus*, *Charlie Brown's Halloween special*, and scary-enough movies for my littles (7, 9, and 10): *Monster Squad* and maybe even *Goonies*. Pirates are sort of Halloween-y, right? And *Labyrinth* has lots of monsters and David Bowie in costume, so why not?

## Pandemic Halloween Baskets

Warning: our kids will now expect these things every Halloween. Another tip from Katie Cunningham is that, much like the Easter Bunny or Santa Claus, "*The Great Pumpkin*" can show up and leave candy and trinket-filled pumpkin buckets for the kids on Halloween morning. They'll be wired off candy first thing in the morning, but whatever. We'll go light on the red food dye.

Yes, there's a global pandemic going on, and this Halloween will be different from others, but it'll still be Halloween— even if it's a weird pandemic Halloween. My kids love the holiday too much to miss it, and they've sacrificed so much these past few months. I'm determined to give them this, even if it looks a little bit different than usual.



HAPPY  
HALLOWEEN

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## October 26th is National Pumpkin Day!

### Celebrate With This Healthy Pumpkin No Bake Energy Bites Recipe!

by Gimme Some Oven

#### INGREDIENTS:

- 8 oz. chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)

#### DIRECTIONS:

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.

Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes.

Once the mixture is cool, use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.) Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator helps the energy bites hold their shape.)