Halloween Safety Tips

For some Americans, Halloween is one of the most anticipated holidays. Unfortunately, it can also be rather dangerous. Use the following suggestions to help keep your child safe this year.

Costume Safety Tips

- Choose fire-resistant costumes, wigs and accessories.
- Avoid potentially dangerous props, like hard swords.
- Opt for non-toxic face paint or makeup instead of masks.
- Decorate costumes and treat bags with reflective tape if your child will be out after dark.

Trick-or-treating Safety Tips

- Accompany children under 12 at all times.
- Insist that trick-or-treating only be done in familiar areas.
- Plan a route if older children are going alone.
- Designate a specific time for children to return home.
- Instruct children to never enter a stranger’s car or home.
- Remind children to always look both ways before crossing a street, to be aware of their surroundings and to use sidewalks whenever possible.
- Tell your children not to eat any treats until they return home.
- Discard treats that appear to be open or tampered with.

For more tips on how to celebrate Halloween safely, click here.
Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer and the second leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race and family history of breast cancer, which are things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk of breast cancer:

- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor.

For more information on risk factors, prevention tips and breast cancer screening, visit [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/).

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PERFECT PUMPKIN PANCAKES

2 cups flour
6 tsp. brown sugar
1 Tbsp. baking powder
1¼ tsp. pumpkin pie spice
1 tsp. salt
1 egg
½ cup canned pumpkin
1¼ cup low-fat milk
2 Tbsp. vegetable oil

**PREPARATIONS**

1. Combine the flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl.
2. In a medium bowl, combine the egg, canned pumpkin, milk and vegetable oil. Mix well.
3. Add the wet ingredients to the flour mixture and stir just until moist. The batter may be lumpy.
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Pour ⅛ cup of the batter onto hot griddle or skillet. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Repeat with remaining batter.

Makes: 12 pancakes, one pancake per serving

**Nutritional Information (per serving)**

<table>
<thead>
<tr>
<th>Total Calories</th>
<th>127</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
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<td>21 g</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Sodium</td>
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Source: USDA