

Tasty “Orthodontist Approved” Halloween Treats

St. Louis (October 6, 2015) - Two of every three adults in the United States made plans to participate in Halloween festivities last year¹, and this year, with October 31 falling on a Saturday, the festivities promise to be even bigger. For the millions of kids and adults who are being treated by orthodontists who are members of the American Association of Orthodontists (AAO), the temptations of sticky, gooey treats are challenging.

Orthodontists report that their busiest days of the year are those following Halloween. Emergency appointments are scheduled to repair damage done to braces and other orthodontic appliances for patients who gave in to the temptation of indulging in off-limits hard, sticky, crunchy or chewy Halloween treats. But there are delectable ways to safely enjoy the holiday. To help folks in, and out of, orthodontic treatment, the AAO has created some fiendishly delicious recipes to help party goers of all ages enjoy the season. These recipes are “orthodontist approved” and not only are delicious, each one makes a great visual for any Halloween party spread.

Featured recipes are:

- [Scary Skull and Ghastly Ghost Cookies](#)
- [Mummy Pizza Biscuits](#)
- [Spooky Spider Web Bean Dip](#)

Additional [recipes](#) are offered, as well.

“We know that kids of all ages want to enjoy some Halloween fun,” says Morris N. Poole, DDS, president of the AAO. “These recipes were especially created to be ‘orthodontic-friendly’ and to taste as great as they look.”

¹<http://www.statista.com/statistics/243201/planned-halloween-participation-in-the-united-states/>

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About the American Association of Orthodontists: Founded in 1900, the American Association of Orthodontists (AAO) is the world’s oldest and largest dental specialty organization. It represents more than 18,000 orthodontist members throughout the United States, Canada and abroad. The Association encourages and sponsors key research to enable its members to provide the highest quality of care to patients, and is committed to educating the public about the need for, and benefits of, orthodontic treatment.

Orthodontists are uniquely qualified specialists who diagnose, prevent and treat dental and facial irregularities to correctly align teeth and jaws. After graduating from dental school and then completing the required two-to-three years of specialized education in an accredited orthodontic residency program, orthodontists are eligible for membership in the AAO.

For more information about orthodontics or to find AAO member orthodontists in your area, please visit mylifemysmile.org.

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