

# Happy, Healthy Halloween Tricks & Treats

Celebrate Halloween with a few new tricks for healthy treats! Here are some tips on ways to encourage kids to eat healthy foods and make sweets a limited part of Halloween.

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## Trick-or-Treat Giveaways

Instead of passing out candy, try something different like:

### Non-food Treats

- Stickers or temporary tattoos
- Small toys such as yo-yos, bubbles or glow sticks
- Bracelets or slap wrist-bands
- Pencils, erasers, crayons, markers or bookmarks
- Halloween related goodies such as plastic spider rings, false teeth or funny glasses
- Items to encourage activity such as bouncy balls, jump ropes, chalk for drawing hopscotch or foursquare games, beanbags for hacky sack or Frisbees

### Food Treats

- Small bags of pretzels, crackers or trail mix
- Small boxes of raisins or popcorn
- Sugar-free candy

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## Before you send your kids out for trick-or-treating

- Make sure children eat a healthy meal before they go out to discourage snacking.
- Discuss limits ahead of time and encourage your kids to be mindful of the amount of candy and snacks eaten.
- Trick-or-treat bags that children carry should be appropriate to their size. Smaller bags fill up faster.
- Limit the houses your children visit to a 2 or 3 block radius. This way you will have a more moderate amount of treats to manage.

## What to do with treats brought home

- Inspect all Halloween treats before children eat them.
- Help kids include their treats in a healthy eating plan. Set limits on when and how much candy they can have. Stick to those limits!
- Let kids choose a few pieces to eat on Halloween night and then a few to eat each day after.
- Keep the extra treats out of children's reach and limit them to very few pieces per day.
- If your child comes home with too much candy, arrange a buyout. Pay a nickel or dime for each sweet treat they "sell" you and let them "earn money" for a toy or game. Throw away the candy you "bought" from the kids so it isn't a temptation.
- Be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.

**Reminder:** Carefully examine any toys or novelty items received by trick-or-treaters under three years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.

## Halloween Party Ideas

### Pumpkin Dip

(from the Dannon Institute)

Mix the following ingredients:  
3 tablespoons canned pumpkin  
1 cup low fat vanilla yogurt  
1 tablespoon orange juice concentrate  
(use 100% juice for more nutrients)  
1/2 tsp of cinnamon (optional)  
1 tbsp maple syrup (optional)  
Serve with graham crackers.

### Apple Cinnamon Water

2 organic apples  
2 cinnamon sticks (food grade)  
Water  
Ice

Cut the apples into large chunks. Be sure you leave the skin on. Fill a mason jar with chunks of apple, add 1-2 cinnamon stick and fill with water. Let sit overnight in the refrigerator. Serve and enjoy.