



## Tips and Ideas for a Fun and Healthy Halloween

Healthy eating habits do not need to go by the wayside for Halloween. Nor do healthy eating options need to be a gloomy prospect for the kids and parents with the following suggestions:

- Provide a healthy evening meal before going out trick-or-treating. With a full stomach, you and your children will be less likely to snack on the candy as you go from house to house trick-or-treating.
- Consider the size of the trick-or-treat bag—one that fits the child's size and he can carry.
- Instruct children to wait and bring their treats home. At home inspect the candy/treats for untampered commercially wrapped candy and throw out tampered, unwrapped or improperly wrapped items.
- For the trick-or-treaters at your door provide healthy alternative treats:  
Colorful pencils, fun erasers, stickers, miniature size Play-Doh in their unopened original containers, crayons, packets of pumpkin or sunflower seeds, packets of trail mix, animal cracker box, sugar-free gum or hard candy, packets of gummy candy made with real fruit juice, boxes of raisins, bite-size dark chocolate bars, fun-looking toothbrushes
- Limit the amount of treats your children eat per day and you can consider combining a healthy snack with the candy-- your child eats the healthy snack first.
- Because sugar does promote tooth decay, be attentive that your children are brushing and flossing their teeth after their sugary treats.

Trick  
or  
Treat!

With these suggestions in mind, you and your children can have a healthy and fun-spirited Halloween!

*Thank you to the Clemson Cooperative Extension for many of the suggestions.*

*For more information and ideas on or go to their website at*

*<http://www.clemson.edu/extension/hqic/food/pdf/hqic4112.pdf> and also <http://missourifamilies.org>.*