



Healthy Alternatives for Halloween Treats

- Hand out fruits with “natural” wrappers such as oranges, bananas and apples. Use black felt or black tape to create a Jack-O-Lantern face on the oranges.
- Make homemade snacks and create labels for your goodies so people know where they came from. You can also label fruit you give out.
- Hand out prepackaged items such as cheese and crackers, pretzels, popcorn, baked chips, fruit leather, granola bars, dried fruit like raisins or dried cranberries, sesame snacks or fruit cups.
- Hand out children’s toothbrushes or sample size toothpaste. Sugar free gum is a healthier alternative to candy.
- Instead of handing out treats you eat, hand out pencils, erasers, stickers or any other items you can buy in bulk at dollar or party stores. Look for Halloween designs.
- When handing out candy, go for snack-sized items made with dark chocolate and nuts; these items contain omega-3 fatty acids and help reduce cholesterol.
- Schedule candy consumption; limit by time of day and/or number of pieces.
- Look for local dentist offices participating in candy buy back programs. Offices will pay trick or treaters up to a dollar a pound for their candy. Also, look for agencies mailing Halloween candy overseas to soldiers.
- Don’t forget your children’s oral health; make sure they brush after each time they eat candy.

www.parentingmethods.suite101.com

www.medhelp.org

