

# HEALTHY HALLOWEEN IDEAS

Children typically collect 3700 calories (3500 calories = 1 lb. of body fat) worth of candy on Halloween.

Parents can teach their children that being healthy can be fun by offering cool alternatives to candy.

## **Healthy Snack Options:**

- Pretzels \*
- Trail mix
- Goldfish\*
- Graham or Animal Crackers
- Applesauce packs
- Raisin boxes \*
- Granola bars \*
- 100 calorie packs \*
- fruit roll ups
- Juice boxes

## **Non-food Options:**

- Small rubber balls \*
- Party favors \*
- Waxed lips
- Glow sticks
- Stickers \*
- Pencils
- Bubbles\*

When children ages 3-14 were offered the choice of candy or a small Halloween toy, nearly half passed up the sweets and went for the stickers.

Remember if you do decide to hand out candy, wait to buy it until a few days before Halloween. 90% of adults admit to eating the Halloween candy. Candy, in moderation, can be part of a healthy diet, but eating it throughout the entire month of October is not moderation. The average American gains 5-7 lbs of fat between Halloween and the New Year. (\* 5 pounds of fat)