

Healthy Alternatives to Candy

- Whole grain cheese crackers
- Fruit snacks or leathers made with 100% fruit
- Sugar-free gum
- Mini rice cereal treat bars
- Individual fruit cups
- Low-fat pudding cups
- Animal shaped graham crackers made without trans fat
- Mini 100% juice boxes
- Baked, unsalted pretzels
- Wax fangs, teeth or lips
- Spider rings
- Temporary tattoos

Happy Halloween! It can be hard to stay healthy when candy and treats are everywhere. However, Halloween is about much more than the food. Here are some ways to have a healthy, safe and fun Halloween.

Trick or Treating Tips

Set boundaries with your child about their Halloween candy.

Limit how many candies they can have a day, or let them choose their favorites and donate the rest.

Plan ahead and eat before you go. A meal high in fiber, fruits and vegetables could prevent your family from overeating candy later.

Only serve candies that you will not be tempted to eat yourself.

Offer nutritious foods alongside or instead of sweets. For some examples, see the list of Healthy Alternatives to candy on the left.

Keep your child safe by adding glow sticks or a flashlight to their costume.

Your time spent trick or treating is an easy way to be active! Make it more fun by adding a special stop, like a haunted house or harvest festival.



Recipe and picture from: <https://www.foodhero.org/recipes/breakfast-pumpkin-cookies>

Pumpkin Cookies

Ingredients:

- 1 3/4 cups cooked, pureed pumpkin (1 15 ounce can)
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup nuts, chopped

Instructions:

1. Preheat oven to 400 degrees F.
2. Add pumpkin, brown sugar, eggs and oil to a large bowl and mix.
3. In a separate bowl, mix all of the dry ingredients.
4. Add the dry ingredients to the pumpkin mixture and stir to combine. Add raisins and nuts, and stir again.
5. Use a spoon to drop cookie dough on a greased cookie sheet. Gently flatten each cookie.
6. Bake 10-12 minutes or until golden brown.



Healthy, Festive Party Snacks

- **Halloween Chips:** Slice whole grain tortillas. Toss with cooking spray, chili powder and a little salt. Bake at 400°F for 6-8 minutes. Feeling creative? Use scissors to make spooky shapes!



- **Spooky Bean Dip:** Combine non-fat bean dip and 6 tbsp. salsa in a bowl. Put low-fat sour cream in a plastic bag and cut a small hole out of the bottom corner. Draw a spider web on the bean dip using the sour cream.

- **Spaghetti Squash Guts:** Combine roasted spaghetti squash and tomato sauce in small cups and serve.

- **Apple Fangs:** Cut triangles out of the skin-side of apple slices. Stick slivered almonds into the apple to make fangs.

- **Jicama “Bones”:** Use a knife to carve jicama into bone shapes.

Halloween Party Ideas

- Plan active things for your kids to do. Examples include bobbing for apples, sack races or pin the nose on the witch.
- Make most of your party snacks healthy and have one sweet treat. For ideas of healthy, festive snacks see the insert on the left
- Get creative! Have your kids see who can create the best jack-o-lantern, ghost or witch. Use whatever supplies you have on hand.
- Have a pumpkin carving contest. Save the pumpkin seeds and roast them for a simple snack. To make pumpkin seeds, just toss the seeds with salt, cooking spray and your favorite seasonings. Bake at 325°F for 30 minutes or until lightly toasted, stirring occasionally.
- Give out healthy snacks or toys as party favors.



More Fun Activities to Do on Halloween



Bring your family to a local corn maze or pumpkin patch. For a spooky trip, go at night!

On or around Halloween, many communities have harvest festivals. The festivals often have games, contests and activities. Plus, they are usually free or low cost! Check and see what is happening in your neighborhood.

Other holidays that celebrate or honor the dead exist in many cultures. Make Halloween a history lesson! Study the Hispanic Dia de los Muertos, the Chinese Ghost Festival or Yu Lan, and the Japanese Obon Festival, to name a few.

Sources: <http://www.eatright.org/>, <http://www.fruitsandveggiesmorematters.org/>