Healthy Halloween

Everyone wants to celebrate Halloween, but it’s important to enjoy in moderation. Here’s how to have both the trick and the treat:

- Fill up before heading out – eating a healthy snack or meal before trick-or-treating can ensure less snacking on candy during the activity
- Hand out toys – such as temporary tattoos, art supplies, stickers, etc.
- Make a tradition where only a small amount of the candy is eaten on Halloween night – and the rest is consumed 1 - 3 pieces once daily after dinner as a dessert treat

Be Active, Be Alert!

Trick-or-treating can provide an opportunity to be active – for example, by encouraging your kids to walk from house to house or suggesting competition between siblings or friends. Wearing a pedometer or activity monitor, see who can be the most active while also being safe. Make sure you discuss proper awareness of traffic and consider reflective tape on costumes, so that their biggest worry is whether they can win the best costume in a costume contest