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TIPS FOR A HEALTHIER HALLOWEEN

by Jennifer Kerr, MS, RD, CDN

Halloween is more than over-eating candy corn and chocolate; it's about fun, dress-up and imagination. There are plenty of seasonal treats that have some nutritional value like pumpkin seeds, sweet potato chips, apples, banana snacks and many more.

Consider these wholesome ideas for packaged treats this Halloween. They are all much lower in fat and sugar than most traditional Halloween goodies:

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|  Dark chocolate squares |  Bite-sized pretzels |
|  100% fruit snacks |  Sesame honey bites |
|  Mini fig bars |  Dried fruit |
|  Mini rice cakes |  Popcorn |
|  Mixed nuts and seeds |  Fruit and nut trail mix |

The healthiest way to deal with all the Halloween candy is to manage how and when it gets enjoyed. To avoid arguments over the candy loot, set up rules with kids before they go trick-or-treating.

Here are some tips to consider:

- Send kids out after a healthy dinner so they don't come home starved, or end up eating candy along the way
- Allow them a select few treats on Halloween night
- Store candy out of sight in a high cupboard that only adults can reach
- Limit candy to one choice a day, at a certain time, such as with a glass of water as an after-school snack, or for dessert following dinner
- After about a week or so, donate or discard the candy

POPCORN



DRIED FRUIT



PRETZELS

