



Tricks to a Healthy Halloween

- 1) **Plan Ahead.** Make a plan prior to Halloween so that you can keep tabs on what your children will be consuming on Halloween. Talk to teachers (many schools hold Halloween events), party host(s) and neighbors to agree on the types of treats to be handed out to children.
- 2) **Negotiate with Kids.** Talk to kids and set-up expectations for Halloween day. Make sure that they do their homework and chores before trick-or-treating.
- 3) **Dinner First.** On Halloween night, give children an extra-nutritious dinner before trick-or-treating. It will reduce their appetite for sweets. A meal filled with lean protein, whole grains and vegetables are the way to go! Remember to serve a glass of low fat or nonfat milk with the meal for extra nutrition. Drinking milk is proven to strengthen teeth, prevent cavities, boost calcium, vitamin D and potassium levels.
- 4) **Non-Food Treats.** Consider handing out treats like themed school supplies like pencils and erasers to school-age children as they will come in handy for class. Small toys are also appropriate in reducing the amount of candy children eat during Halloween. Plus, they're fun!
- 5) **Power Trick-or-Treat.** Make sure children get enough physical activity to burn off excess sugar and fat. Trick-or-treating can be a fun way to incorporate walking and exercise. Plan a few extra loops around the neighborhood. This process can tire out kids and prepare them to hit the sack when they get home.
- 6) **GOT MILK?** Serving chocolate milk after trick or treating is a great, healthy treat. It doesn't deprive kids of the chocolate closely associated with Halloween, while still providing them great nutrition. If you want to help your kids sleep on Halloween night, a glass of warm low fat or nonfat milk prior to bed will do the trick. Milk contains tryptophan which helps people snooze.
- 7) **Set Limits.** Set boundaries with your child on how many pieces of candy they're allowed to eat on Halloween and while trick-or-treating. Allow your children to make their own selections, but tell them they can only pick a few pieces.
- 8) **Exchange Program.** Trade your children's Halloween candy for a desired toy to reduce candy consumption. Many schools, doctors and dentists have similar programs. Just ask!
- 9) **Out of Sight. Out of Mind.** Bring candy to work or throw them away. Kids don't eat what they can't see.
- 10) **Set an Example.** Parents should also stay away from eating too much candy during Halloween. They need to be role models for their children.