

# HEALTHIER HALLOWEEN

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Halloween is right around the corner and we all know what that means... Trick or treating! Halloween doesn't have to be all about handing out mounds of candy full of empty calories and cavities.

Follow these tips, tricks and ideas to help make your Halloween a little healthier this year.

## But remember being healthy doesn't mean giving up all the treats!

- Plan ahead. Make sure to feed your child before heading out trick or treating. Having a well-balanced supper will help prevent your child from indulging on candy for supper. Keep moving and plan to walk house to house instead of driving.
- It's all about balance. Portion out candy with healthier alternatives such as fruits, vegetables, crackers, pretzels, milk or granola bars. This can also be a great time to talk to your kids about moderation and making healthy food choices.

## When handing out candy keep these tips in mind:

- Size matters. Offer the fun sized candy bars vs the full size. This decreases the amount of calories, fat and sugar provided but still offers the child a sugar fix without overdoing it.

- Portions. More is not always better. Provide each child with a fun sized candy bar and hand out a healthier snack option or nonfood item alongside. No one said you had to hand out candy. You might just be the new house on the block everyone has to go to. Check out the lists below for ideas.

## Healthier treats:

- Yogurt covered raisins, plain raisins or raisins
- Snack size packages: popcorn, pretzels, goldfish, teddy grahams, animal crackers, chex mix, trail mix, rice krispie treats
- Apple, clementine
- Granola bars, Cheese and cracker packs
- 100% fruit snacks, leather strips
- 100% juice box

## Fun non-edible options that are kid friendly:

- Glow sticks
- Halloween temporary tattoos
- Halloween stickers
- Glow in the dark bouncy balls
- Bubbles
- Bookmarks
- Slinkies
- Snap bracelets
- Crayons
- Spider rings or vampire teeth

