

## Tricks or Treats?

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Just for the record, Halloween is only a one-day celebration. On October 31<sup>st</sup>, swarms of scary creatures, celebrities, princesses, super heroes, and all types of strange characters will arrive at your doorstep demanding ‘tricks or treats’ before moving on to the next house. Are you ready?

After deciding on a perfect costume, most people will agree that the most popular Halloween item is the candy. In fact, about \$1.93 billion is spent on Halloween candy and one quarter of all candy purchases are made between September 15<sup>th</sup> and November 10<sup>th</sup>. That’s a lot of sugar for both little and big goblins. Here are a few ideas to keep that sugar high under control:

- **Serve a meal first-** A full stomach leaves less room for those sweet treats.
- **Save some for later-** Store your kids’ candy out of their sight and yours. Give out a few pieces of candy with lunch or serve as a dessert.
- **Less treats-** Use smaller bags or buckets for trick-or-treating and buy less candy. It’s better to run out of candy early than to have a lot leftover.
- **More tricks-** Instead of candy, give out inexpensive items like stickers, mini toys, crayons, pencils, erasers, colored chalk, bookmarks or whistles.
- **Healthy treats-** Remember that food must be commercially packaged or whole, such as apples, oranges, mini packages of raisins, nuts, baby carrots or fruit snacks.
- **Throw a party-** Instead of trick-or-treating, organize a Halloween party with your family, friends or neighbors. Easy snacks include string cheese, cut vegetables, hummus dip, sandwiches cut out with cookie cutters, 100% fruit juice or fresh fruit.

Sources: [www.babycenter.com](http://www.babycenter.com), [www.blakemedicalcenter.com](http://www.blakemedicalcenter.com),