



SuperKidsNutrition

# Healthy Halloween Guide

## “13 Tips and Tricks for a Healthier Halloween”

- Halloween means one thing for most kids – candy! But all of this sugar may be more of a trick than a treat when it comes to good health. Eating too much candy can lead to stomachaches, cavities, and excess weight. So, the SuperKids Nutrition team with the help of the Super Crew has pulled together some ways to help you cut down on the sugar, without sacrificing any Halloween fun!

### Instructions:

Read this guide together as a family. Then, choose a few ideas you can all commit to whole-heartedly! – Andy

**1. Embrace all of fall** – With grocery stores and bakeries coming out with new sweet treats for the season, remember to keep eating healthy foods like fruits and veggies. Apples, broccoli, squash, cauliflower, Brussels sprouts, pumpkin, sweet potatoes and turnips are in season at this time of year, too!

Pumpkin seeds are my absolute favorite! I love how they crunch after roasting!  
– Kira



**2. Focus on the fun** – Shift the attention away from the candy and onto the costumes. Hold a costume contest for the neighborhood. From Scariest to Cutest to Funniest, each kid can win a title. Make the grand prize a fun activity like a gift card to a bowling alley, the batting cages or driving range and include jump ropes, chalk and other outdoor activities as secondary prizes. Pumpkin carving is another fun way to celebrate Halloween. Save the pumpkin seeds to toast for a heart-healthy – and sugar free! – Holiday treat.

**3. Try healthy treats** – Give away snack-sized packages of sunflower seeds, popcorn, pretzels or whole-wheat crackers instead of the usual miniatures loaded with sugar. If you want to stick with something sweet try dried fruit, cups of 100% fruit flavored applesauce or banana chips. Make sure everything you hand out is in its original packaging – parents will be (understandably) wary of anything you portion out yourself.

I love getting spooky stickers & erasers at Halloween!  
– Carlos

**4. Trick or toy** – Candy lasts only as long as a bite. Extend the holiday fun with treats that linger well into the night and days beyond. Give toys a try this Halloween! Holiday-themed stickers, temporary tattoos, pencils or erasers, plastic spider rings, and glow-in-the-dark bouncy balls, bracelets or necklaces make great treats that kids will love and enjoy well beyond one sticky bite. You just might be surprised how many kids go for the non-candy options – researchers have found that when presented with the option of a Halloween toy or candy, children opt for the toy nearly half the time!



**5. Safety first** – Make it a rule that the kids can't try any candy until it's inspected at home. This will cut out any snacking during trick-or-treating and help keep your kids safe! Don't let them eat candy from open packages or anything that looks suspicious, especially if you don't know where it came from.



Flying is my favorite activity, but ice skating comes in as a close second!  
- Abigail



**6. Push Play** – Instead of consuming calories, help kids expend their energy with activity coupons. Giving away coupons to your local bowling alley, ice skating rink, batting cage or other indoor play centers is a fun way to encourage families to get up and be active together!

**7. Eat before you go** – Be sure to have a healthy, filling meal before you set out to trick-or-treat. Try to make half of your plate fruits and vegetables, a quarter of your plate whole grains, and a quarter of your plate a lean protein (don't forget about vegetarian protein – these count too!). This will ensure that you and your kids aren't starving and will cut down on how much candy you munch on while out trick-or-treating.

Apples are my favorite snack to munch on! Nom nom nom.  
- Jessie



**8. Get moving** – Trick-or-treat in a new neighborhood. Choose a safe neighborhood about a mile from your house. Walk there and back. That, along with the trick-or-treating, will help burn extra calories. Additionally, encourage your kids to focus on having fun and being active with their friends rather than competing over going to the most houses and getting the most candy.

**9. Out of sight, out of mind** – When the kids come home from trick-or-treating let them choose one or two of their favorite treats, then put the rest away. Allow one a night and that's it. Teach them a lesson in moderation and emphasize taking time to really enjoy the treat.



Remember to brush those teeth!  
- Penny

**10. Toss it** – Throw out the candy that isn't your favorite. Make it a game – see how many shots you can make into the trashcan! Try to let go of any wasteful guilt. It's ok to throw candy away since it offers no nutritional value. If you want to donate food to those in need or our armed services, skip the candy donations and offer healthy staples like canned vegetables and beans or dried fruit.

**11. Freeze away** – If you just can't bring yourself to throw the candy away, put some in the freezer. You will have treats for the rest of the year!

**12. Be a good role model** – Kids want to do what their parents do, and that includes eating. Make sure you set a good example by not overindulging on Halloween candy. Model healthy eating behaviors and include Halloween candy just as a small, once in a while treat. Practice mindful eating. If you are going to eat a piece of candy, connect to your senses and look, feel, smell, and taste the candy rather than gobble it down. More often than not, you will find yourself satisfied with only one piece.



- Baby Tom Tom

**13. Relax** – Let kids enjoy the candy in moderation and don't stress about it. Just make sure they are eating a healthy diet and getting plenty of exercise. The good news is that most Halloween candy is fun-sized. Those few pieces of candy aren't going to make a difference when you eat a healthful diet and exercise regularly. Explain to kids that treats, in moderation, can be part of a healthy diet. Be careful not to put kids down for eating these foods or use negative words like fat, piggy or chubby. Instead use phrases like "Heart Smart" choices to help you grow healthy and strong" to teach them a lesson in healthy eating.

Have a Happy and Healthy Halloween!  
- The Super Crew



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