

HALLOWEEN

Planning a Nutritious Holiday

When **trick-or-treaters** come **HOWLING** this Halloween, they just might be pleasantly surprised by treats that are not of the sweet variety. In studies, children will choose toys over candy about 50% of the time. Because of the overwhelming number of overweight children in the US, the Indiana Action for Healthy Kids team urges citizens to try alternatives to candy this Halloween. Instead of the normal 200-calorie handout, try the following items to help encourage healthy nutritious habits at a young age...and to keep the candy from your mouth as well! Many of these items can be found at your local grocery, super, or dollar stores!

Non-Food Treats

- × Play dough
- × Halloween pencils
- × Halloween erasers
- × Halloween stickers
- × Baseball cards
- × Toy cars
- × Gift certificates
- × Books
- × Plastic spiders
- × Miniature skeletons
- × Bracelets
- × Dimes, nickels, or pennies
- × Face Paint
- × Bookmarks
- × Plastic Rulers
- × Marker or crayons
- × Barrettes, bows, ribbons
- × Action figures
- × Yo-Yo's
- × Bouncy Balls
- × Stretchy pumpkin men



Healthier Food Options

- × Granola bars
- × Fresh or dried fruit
- × Boxes of raisins
- × Pudding cups
- × Trail mix
- × Mini-cereal boxes
- × Graham crackers
- × Bagels
- × Hot chocolate mixes
- × Mini bags of pretzels
- × Sugar-free gum
- × Juice boxes



The bottom bone is that we do not need to rely so heavily on “candy” for our trick-or-treaters. Indiana Action for Healthy Kids encourages you to make a **SCREAMING** effort in making this Halloween a **HOWLING**, healthy Holiday!

For more information about the Indiana Action for Healthy Kids team, please visit our website at www.actionforhealthykids.org and select **Indiana**.