



# Healthy Halloween Ideas

Halloween is a fun holiday, but the focus is often on the candy. How can you keep Halloween healthy and fun? Instead of trick or treating, host a Halloween party with some of your child's friends and plan games to get the children moving and serve healthy snacks to your guests.

- Try foods such as pretzels, fruit, or trail mix. If you want to give out goody bags, try adding items like glow sticks, jump ropes, pencils, erasers or small yoyo's.
- Roast pumpkin seeds - instead of tossing the seeds aside when carving jack-o-lanterns, collect them, wash and dry them, spread the out on a baking sheet. Bake at 300F for 45 minutes or until golden brown. Add salt to taste!
- Get creative! Many fruits and vegetables can be combined and cut in different ways to create scary treats. Try drawing a jack-o-lantern face on a clementine or cutting a cheese stick into thirds, slicing the bottom into bristles and inserting a pretzel stick to make a mini broomstick. Search the internet and Pinterest to see more fun ideas.
- Include games that keep your guests active during the party.
  - Plan a fall scavenger hunt.
  - Host a relay race with wooden spoons and small pumpkins.
  - Play ring toss using real pumpkins with stems to catch the rings.
  - Create a Halloween themed obstacle course, complete with spooky music.
  - Play pin the nose on the jack-o-lantern.
  - Have a dance party with Halloween music.

## What to do with leftover candy?

- Dental offices often collect candy and exchange it for a new toothbrush and toothpaste. Some may offer money for the candy. Check <http://www.halloweencandybuyback.com/> for a collection location near you.
- Schools, churches or other groups may collect candy and send it to active military troops. Make sure you send candy that will not melt.
- Chop candy bars into small pieces and add to dried fruit and nuts to make a trail mix.

