

Tips for Halloween Treats

Halloween is scary but making healthy treats doesn't have to be! If you are looking for a healthier Halloween, here are some tips to enjoy this fantastic holiday in a more nutritious way.

Tip 1: Hand out healthier treats:

- Halloween popcorn mixes can be a delicious treat that many children



love. Fill bags with popcorn, dried fruit, nuts, and orange and black candies for a fun twist to the traditional Halloween treat. Popcorn is much lower in calories than candy with only about 30 calories for 1 cup air popped popcorn.

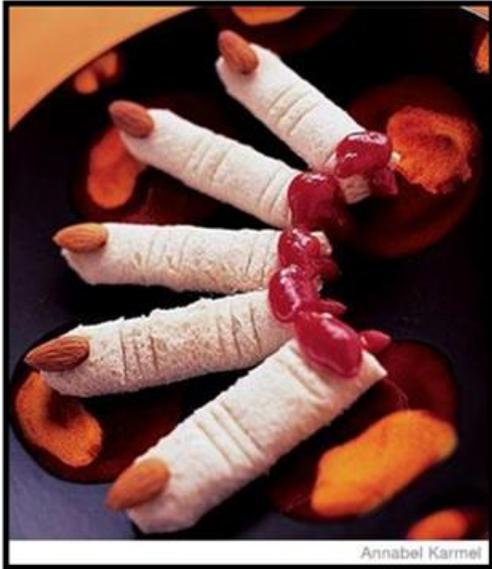
- Be creative by handing out fruits. Clementine's can make great Jack-o-Lanterns that kids love to help decorate. Just use a black tape, stickers, or a marker.

Tip 2: Eat candy in moderation

- Eat a healthy and balanced meal before trick-or-treating to prevent overeating candy throughout the night.
- Set a limit of how many treats your child can have a day. It may even be helpful to decide this number prior to Halloween.
- Keep candies out of reach to prevent mindless eating
- Don't eat it all at once. Candy from Halloween can be frozen and saved for Christmas ginger bread houses or baking.

The following recipe is a creative Halloween treat that isn't as sweet. It is great for parties or a cooking project with children.

Freaky Fingers



Ingredients:

- Thin sliced whole grain bread, crusts removed
- Peanut butter
- Almonds
- Strawberry Jam

Directions:

1. Gently flatten slices of bread with a rolling pin
2. Spread with a small amount of peanut butter
3. Roll the bread into a cylinder and make three indentations with a blunt knife to form joints
4. Trim the ends of the finger into a V shape and stick the almond to the tip with a little peanut butter to form the nail
5. Add a dollop of strawberry jam to the end for the blood!