

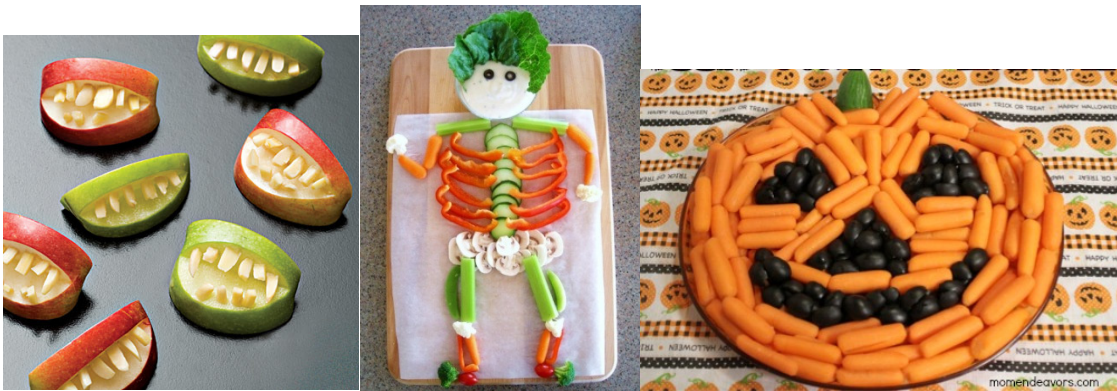
Tips for having a Healthy Halloween

Trick-or-treating:

- Choose a location where you can walk from house to house instead of driving.
- Eat a well-balanced dinner before heading out, this will prevent eating candy while you're trick-or-treating.
- Set limits: use a smaller container to collect candy, once it's full – time to return home OR continue your walk admiring everyone's decorations. Let your children know how many pieces of candy will be allowed each day and for how long this will last.
- Consider donating extra candy. Many local dentist offices have candy buy-back programs. Be sure to call your dentist to see if they have a program or know of one who does.

Healthy and Festive Halloween Snacks:

- “Candy Corn” Parfait: layer pineapple, mandarin oranges and vanilla yogurt to look like a candy corn.
- Dress up a veggie platter, clean out a small pie pumpkin and fill with your veggie dip. Surround the pumpkin with colorful, fresh vegetables.
- Draw jack-o-lantern faces on clementine's and bananas for a healthy classroom treat or try making roasted pumpkin seeds.
- Make black and orange fruit skewers using blackberries and cantaloupe.



<http://theoldphotos.com/wp-content/uploads/2014/10/apple-bites-halloween-recipe-5.jpg>

http://4.bp.blogspot.com/_nj5QjNOpgLQ/TII5JNrTS1I/AAAAAAAAAL_Q/0ioPKnrYrNU/s1600/HalloweenVeggieSkeleton.JPG

<http://www.allfancydress.com/blog/image.axd?picture=2014%2F9%2FVeggie-Tray-Pumpkin.jpg>

This resource was created by Southern Maine Health Care's Nutrition Team