If it were only at Halloween, we wouldn’t be concerned about the candy. But it’s not just at Halloween. It’s candy and other treats all too often—breakfast candy (sugary cereals), liquid candy (soda), and fruit candies at lunch (fruit snacks/gummies/roll-ups).

Celebrating Halloween healthfully isn’t about giving up all the treats. It’s about bringing them into balance, especially since kids often have multiple celebrations: at school, at friends’ houses, at after care, and in the community. And, of course, there’s trick-or-treating.

There’s more to Halloween than candy. There’s dressing up, having fun with friends, playing games, and doing crafts. With so many celebrations throughout the year, it’s important to enjoy each one without going overboard.

Savor the flavor
At parties, serve no more than one sugary/higher-fat item. Provide mostly healthier party snacks and non-food goodies.

BOOgy down!
Instead of a sit-down & eat party, get up and get moving with the following activities: ghost sack races, costume parades, pin the nose on the witch, and bobbing for apples (a game that includes a healthy snack).

Keep them spellbound
Shift children’s focus away from candy to: reading & writing Halloween stories, making slime (see recipe), making masks out of paper plates or bats out of egg cartons, acting out short plays, running a haunted house for other classes & learning about Halloween history.

Make good food look frightfully delicious!
Use Halloween-themed cookie cutters to make sandwiches or fruit more interesting. Decorate the room, serve food with creepy plates, napkins, cups or straws, and design and fill treat bags with healthier snack foods.

WITCH’S BREW Recipe
1 24 oz. bottle cranberry 100% juice blend • 1 can frozen orange juice • ½ gallon apple cider • Grenadine
Mix first 3 ingredients together in a cauldron (or punch bowl) and serve in clear plastic cups, with Grenadine ‘blood’ dripping down the inside of the cup!

For added fun, float funny face ice cubes in the brew: Half-fill & freeze ice tray (or muffin cups) with water, garnish each cube with blueberry eyes & a mandarin orange smile, & then fill rest with water & freeze again.

Witch’s Brew

Healthier Party Snacks
- Water
- Apple cider
- Witch’s Brew (see recipe)
- Apples (w/caramel or yogurt dip; or sliced and let kids top with spooky sprinkles)
- Carrot sticks & low-fat dip
- Dried apricots
- Grapes
- Oranges cut into wedges
- Light or low-fat popcorn
- Whole wheat Fig Newtons
- Pumpkin dip & graham crackers (see recipe)
- Pumpkin muffins (see recipe)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges
On Halloween Night…

Make sure children eat a healthy meal before they go trick-or-treating so that candy is a dessert, not supper.

Remember Halloween safety:
- Make sure children travel in groups and/or with an adult.
- Give children flashlights for added visibility.
- Accessorize with glow-in-the-dark necklaces or bracelets or use reflective tape.
- Check collected items before allowing children to eat them.

It is most important to work with children on healthy eating throughout the year. Encourage healthy eating but don’t battle over it. Instead, try to work something out, like allowing your children to eat what they want on Halloween night and then save 5 treats to eat over the next 5 days. Dispose of or put the rest out of sight.

For more information about healthy eating, visit: www.cspinet.org