

For a Frightfully Fun & Healthy Halloween

By Rebecca Morley, MA



Use your imagination to combine fantastic fun and healthy choices to make this a memorable Halloween. The best part of Halloween is in dressing up and pretending to be someone else...somebody you admire such as a superhero or movie-star; someone that scares you such as a skeleton or a ghost; or something you just find fun such as a pirate or a pumpkin. Once you have your costume on you are ready to show-off at a party, to friends and relatives, or in a trick-or-treat rendezvous. The more kids share their costumes the more enjoyable it is.



Here are a few ways to make Halloween as active as it is delicious:

- Plan a neighborhood parade of costumes
- If the weather is inclement, take your costumes to the mall and parade from one end to the other
- Play games in costume, such as follow the leader, hide-and-seek, tag, or bobbing for apples hung from a string
- If you plan to go out and trick-or-treat, walk between houses and plan a route that takes you for a considerable hike

A scary thought might be the gobs of candy your children may accumulate during their celebrations. You might consider this a learning opportunity and form a “treat bank”, allowing small withdrawals at infrequent intervals. Perhaps they could practice sharing with mom and dad, aunts and uncles, or grandparents (who need not eat every bite they are given!).

Fun can be had in preparation as well as celebration. Many parents choose parties over the trick-or-treat experience or maybe a combination of both. [Click here](#) or on the table below to find easy, healthy and fun recipes for your Halloween celebration:



HEALTHY HALLOWEEN RECIPES	
Monster Paws	Sandwich Puzzler
Apple Bites	Arctic Oranges
Carrot Fingers	Banana Pops
Peanut Butter Pinwheels	Cookie-Cutter Cheese Toasts



Consider fun alternatives to candy for your trick-or-treaters. Ideas are sugar free gum, bubbles, carousel tokens, stickers, fake tattoos, grow-able sponges, and many other party favors available at dollar stores. Click on the # pumpkins below for a host of other creative ideas to trick and treat those in your circle of family, friends, and neighbors. Remember to keep your camera handy !

