

7 Survival Tactics for the Halloween Sweet Season

From the Health Castle Newsletter http://www.healthcastle.com/halloween_treats_healthy.shtml

1. **Screen treats**

Most parents screen the sweet treats their kids collect for safety reasons. Why not take this opportunity to teach kids about nutrition and screen treats for nutritional reasons as well? Discard those chocolate pieces containing [hydrogenated oil or shortening](#), fried chips, or sticky candies that tend to stay in the mouth for an extended period of time.

2. **Split or donate treats**

Teach kids about sharing! Split their collections with all family members or teach kids about sharing by donating a portion to the food bank.

3. **Save treats for later**

Kids don't need to finish all their collected treats in a week! Divide treats into several portions and put them in Ziploc bags to make the treats last for several weeks (or even months). This is a good opportunity to teach your kids about restraint and [portion control](#).

4. **Think beyond candy**

Offer trick-or-treaters foods other than candy such as sugarless gum, sugar-free cocoa, or small bags of trail mix, popcorn, pretzels or pumpkin seeds. For healthy Halloween snack ideas, go to

<http://www.webmd.com/food-recipes/guide/ghoulishly-healthy-halloween-snacks>

5. **Trade treats**

Be realistic! Your kids will never trade their sweet treats for a bunch of green asparagus. So you need to be creative to get them to trade for something as appealing and tasty!

6. **Have dinner first**

Make sure your kids have a nutritious meal before heading out the door to go trick-or-treating.

7. **Take it easy**

After all, kids have earned their license to eat sweet treats during Halloween! Remember, **moderation is the key**. As long as you make sure that your kids don't eat all their treats within days, just take it easy and enjoy the sweetest moments with family in this Halloween season.

