



## USEP-OHIO PARENT TIP

### Trade Halloween Treats

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Halloween or harvest festivals are fun for families and are celebrated in many communities with parties, candy, and treats. The combined results of community trick-or-treat, school parties, and well-meaning family and friends is a pile of candy large enough to make anybody sick and sugar-shocked. Now that the kids have bagged it, counted it, and traded it – try to get it out of their hands and yours! **Parents, grandparents, and teachers know the dangers of childhood obesity, so here are a few ideas for trading the candy sitting in the kitchen cabinet for some better options!**

**What parents and teachers can do:**

*One Mom I know convinced her child's teacher to print some recipes for success that created healthy treats for home, activity time at school, and recipes that parents could use for lunch boxes and snacks anytime. Try these ideas and activities at home and at school.*

**Talk with the kids about how foods keep us feeling good and fit. Candy and treats fill us with sugar, have no food value, and make us feel yucky:**

“My brain feels bad” - Mental/emotional changes-Poor concentration, nervousness, feeling sad;

“My body feels bad” - Physical Changes-Low energy, stomach aches, intestinal discomfort, gas;

“I have a bad attitude” - Behavioral Changes - Anger, flaring tempers, argumentative.

**Offer to trade their treat candy** for inexpensive things like – Markers, crayons, art supplies; games or small toys; nickels, dimes, and quarters; stickers or stamps; party favors or books.

**Create “let’s pretend games” that give kids practice, like these:**

***Let’s go out for fast food!*** Do you want a soda or shake? NO! Low-fat milk, juice, or water are better. Will you super size? NO! It’s too much for my tummy!

Will we get French fries and other fatty stuff? NO! A salad or baked potato is much healthier!

***Packing a take-along snack!*** Will you pack some candy? NO! Fruits and veggies are better. Will you pack chips? NO! Pretzels, trail-mix, whole-grain crackers, peanut butter, and cheese!

**Make and taste healthy treats like these:**

***Super Apples*** – ***Cut*** off top; core like a bowl; stuff-raisins, brown sugar, cinnamon; microwave.

***Cinnamon Treats*** – ***Toast*** pita triangles; spread margarine; sprinkle with cinnamon and sugar.

***Yogurt Pops*** – Cut small hole in top of yogurt lid; push Popsicle stick in and freeze overnight.

***Banana Bites*** – Push on Popsicle stick; dip in juice or PB+J; roll in granola, nuts or coconut.

***Snackin’ Seeds*** – ***Wash***/dry seeds; toast on oiled cookie sheet at 250°-300° 1 hr; add salt/seasoning.

***Fruity Shakes*** – ***Blend*** 1-cup low-fat milk or yogurt, banana or berries, 3-4 ice cubes, and honey.

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