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FOR HEALTHY LIVING  
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# HAVE A HEALTHY HALLOWEEN

**Tip # 1:** Plan to do something fun besides just trick-or-treating. Going to a pumpkin patch, watching a spooky movie, or participate in a costume contest. Anything to take the focus off of the candy for awhile.

**Tip # 2:** Limit excess by choosing a smaller Halloween bucket. Base bucket size on your child's age. Have kiddos walk (instead of being carried) and carry the bucket themselves. They will get tired sooner and be ready to call it a night.

**Tip # 3:** Feed your kiddos a healthy balanced dinner **before** you go out for evening festivities. A full belly will limit the number of pieces of candy they choose to eat.

**Tip # 4:** Allow children to eat candy that night but put it away (out of sight) before the next day. Set a limit for the number of pieces they can have each day and don't bring it out unless they bring it up.

**Tip # 5:** Choose non-candy treats to give out on Halloween night. Small toys, stickers, glow-sticks, spider rings, or even popcorn or fresh fruit are some great candy alternatives.



**YMCA Registered Dietitian Nutritionist**

Ruth T Murillo RD, LD

[rthompson-murillo@ymcafw.org](mailto:rthompson-murillo@ymcafw.org)