



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE A HEALTHY HALLOWEEN



Many families choose to skip candy in favor of toys or trinkets. There are a ton of non-candy alternatives that kids will love. With the average child consuming 3 times the recommended amount of sugar per day and 8% of children having food allergies: a non-candy treat is something everyone can enjoy!

30 Non-Candy Treat Ideas:

- Bouncy balls
- Clementine oranges
- Fake mustache or vampire fangs
- Stickers or temporary tattoos
- Bubbles
- Crayons, markers, or erasers
- Glow sticks, glow bracelets, or glow necklaces
- Spider rings
- Mini Play-Doh
- Fruit cups
- Popcorn, pretzels, or crackers
- Mini puzzles or games
- Small coloring books
- Whistles or kazoos
- Rubber duckies
- Glow-in-the-dark anything
- Spinning tops or mini Slinkys
- Crazy straws
- Finger puppets

YMCA Registered Dietitian Nutritionist

Ruth T Murillo RD, LD

rthompson-murillo@ymcafw.org