



tricks and treats

FOR A HEALTHY HALLOWEEN

If you're going to be treating trick-or-treaters this Halloween, stock your plastic pumpkin pail with something other than candy. Parents (and kids!) will appreciate having a healthier mix of candy and non-candy treats--especially those with food allergies and other health restrictions. Dollar stores and other deep discounters sell some of these fun items for less, making them good alternatives for your budget, too. (And you won't be tempted by left-over candy after the fun is over!)

Fun Treats

- Glow sticks
- Glow-in-the-dark super bouncy balls
- Glow-in-the-dark bracelets
- Goofy sunglasses
- Temporary tattoos
- Fake blood and vampire teeth
- Small containers of play dough (i.e., ghost putty)
- Bubbles
- Crayons
- Sidewalk chalk
- Noisemakers
- Tiny deck of cards

- Halloween stickers
- Pencils
- Silly bands

Non-candy Treats

- Individual packages of dried fruit snacks, raisins, animal crackers, goldfish crackers or trail mix
- Individually wrapped cereal or granola bars
- Snack size pre-packaged pretzels (some feature Halloween-themed shapes)

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