



Trick or Treat ... Have a Healthy Halloween!



October 2012

- **Set expectations early.** Prepare your child the day before Halloween. Talk about how much fun it will be to go trick-or-treating but not so much fun for their body if they eat a lot of candy. It is important for kids to learn that candy is a treat that should be eaten in small doses. They can spread their candy over many days, by dividing it up. Help your child see the benefit of making Halloween treats last longer.

- **Determine a reasonable number of days to enjoy the candy.** Five days is a good goal. Most children will get way more candy than needed, even when they divide it up.
- **Agree upon when the candy treat will be eaten.** This helps your child learn that candy can be an occasional part of a healthy meal plan. You don't want to teach your child to eat candy every day, since it is a once in a while treat.
- **Discuss candy-eating rules with your child before they go out trick-or-treating.** Children should not eat candy until they have come home and allowed you to inspect all the candy. This is a good rule that is part of safe Halloween. Look at the wrapping carefully for a tight seal and toss out anything that looks suspicious.
- **It is best to feed your child dinner or a healthy snack such as a peanut butter and jelly sandwich and a piece of fresh fruit before going trick-or-treating.** They will be less tempted to dig into their bag before they get home.
- **Have your child actively participate in dividing up their candy and making little treat bags they can enjoy, one each day.** This gets the child involved in the decision-making and helps them feel ownership of the process. Keep it fun! you can take advantage of the candy by playing games. For example, have your child count all of the chocolate bars or separate the candy into groups all the M&M's in one pile, all the Skittles in another, and so On.
- **Using mini-sized bags, help your child pick and choose a couple of pieces of their favorite candy to place in each baggie.** This helps them learn portion control, a very important part of healthy eating. Store the extra baggies of candy in a cabinet out of reach. It is best not to store the candy in their room to help them avoid temptation.

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us

What you'll need...

- English muffins
- Pizza sauce
- Black olives
- Scallions
- Red or green pepper
- Cheese sticks or slices

How to make it...

1. Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like).
2. Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.
3. Lay strips of cheese (a pulled-apart cheese stick) across the muffin for the mummy's wrappings.
4. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.

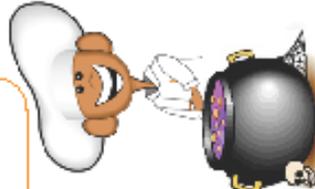


Pizza Mummies



October 2012



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
|  <p>7 Keep your heart healthy with lots of fruits, vegetables and whole grains.</p> |  <p>1 While at the pediatrician's office, make sure to discuss body mass index (BMI).</p> |  <p>2 Teach your kids how to color their plate like a rainbow of vegetables.</p> | <p>3 Exercise for children should be more of a game and less of a chore.</p> | <p>4 Use smaller plates for kids to help manage portion sizes.</p> | <p>5 Replace white rice, bread and pasta with brown rice and whole grain products.</p> | <p>6 Today is National Walk to School Day.</p> |
| <p>8 The USDA recommends that K to 5th graders need around 645 calories for lunch per day.</p> | <p>9 Take the kids on a nature walk and see how many different colored leaves you can find.</p> | <p>10 Parents are the most influential factor on their child's fitness.</p> | <p>11 Teach your kids to walk for a healthy, daily activity.</p> | <p>12 Switch from regular mayonnaise to low fat or fat-free.</p> | <p>13 Pack mini carrots for your child's snack today.</p> | <p>14 Nuts are a great source of protein and healthy oils.</p> |
| <p>15 Teach your kids portion sizes by using your hand.</p> | <p>16 Today is the beginning of National Nutrition Education Week.</p> | <p>17 Teach your child to read food labels by doing a scavenger hunt in the cupboards.</p> | <p>18 This Monday make over your fridge and throw out the junk.</p> | <p>19 Stir fried, steamed, roasted or broiled dishes are healthier choices.</p> | <p>20 Cut bread into fun shapes with cookie cutters.</p> | <p>21 While shopping for food, check out the sell by dates to make sure they are current.</p> |
| <p>22 Sodas and sport drinks can have as much as 13 teaspoons of added sugar.</p> | <p>23 When making your child a sandwich, use 100% wholewheat bread.</p> | <p>24 Pack mini carrots for your child's snack today.</p> | <p>25 Teach kids to wash hands for 30 seconds and fight the flu.</p> | <p>26 Instead of candy, try non-sugared Halloween treats this year.</p> | <p>27 Plan a healthy Halloween party using sweet fruits.</p> |  <p>28 Choose foods in their natural state like oranges instead of orange juice.</p> |
| <p>29 Prepare for a healthy Halloween by discussing some candy guidelines.</p> | <p>30 Have fun and play!</p> | <p>31 Happy Healthy Halloween!</p> |      |     | | |

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