HEALTHY
Halloween

Fall into Healthy Habits!
Practice Safe & Healthy Behaviors During Halloween

TREATS

- Help children fight the temptation to snack on their candy while trick-or-treating: give them a healthy snack or meal before they leave home.

- Teach your children to only accept commercially wrapped treats. Any unwrapped or homemade treats should be inspected by an adult before eatten.

- Watch out for oddly shaped or large candies that could be choking hazards.

- Try to provide healthier treats for trick-or-treaters such as low-calorie candies, dried fruits and drinks.

- Give out crayons or small toys instead of candy.

TRICK-OR-TREATING

- Children should always be accompanied by an adult.

- Trick-or-treaters should choose well-lit houses and the houses of people they know.

- Children should be accompiend by a parent or an adult if they enter the house of an unknown resident.

- Adults and children should have flashlights and reflective devices for nighttime trick-or-treating.

- Everyone should pay attention in high-traffic areas. Always look both ways when you cross the street, and teach your children to do the same.

HALLOWEEN PARTIES

- Resist the urge to taste raw cookie dough and cake batter when you're baking.

- Serve fruits and vegetables, and be sure to wash them under cold, running water before serving.

- Avoid food-borne illnesses. Beware of cross contamination when you cook, and be sure to cover all foods that will be served buffet style.

- Keep candles in a safe environment to avoid creating fire hazards.

- Make sure juice or cider served at parties is pasteurized or otherwise treated to destroy harmful bacteria. It will be noted on their labels if juice or cider has not been treated.

- Keep all perishable foods chilled until serving time. Cold temperatures help keep most harmful bacteria from multiplying. Don't leave food at room temperature for more than two hours.

- Use party games and trick-or-treat time as an opportunity for children to get their daily 60 minutes of physical activity.

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