



Halloween Candy Hints

For health-conscious parents, Halloween can be tricky. Do you set limits? Do you let kids decide how much to eat?

There isn't just one right answer. Instead, use your best judgment based on your child's personality and eating habits. Kids who generally eat just a couple of pieces and save the rest might be trusted to decide how much to eat. But if your child tends to overdo it, consider setting limits.

Here are some more tips for handling the Halloween treats:

- Before kids go trick-or-treating, try to serve a healthy meal so they're not hungry when the candy starts coming in.
- Know how much candy your child has collected and don't store it in his or her bedroom. Having it so handy can be an irresistible temptation for many kids.
- Consider being somewhat lenient about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled. Candy and snacks shouldn't get in the way of kids eating healthy meals.
- If a child is overweight — or you'd just like to reduce the Halloween stash — consider buying back some or all of the remaining Halloween candy. This acknowledges the candy belongs to the child and provides a treat in the form of a little spending money.
- Be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.
- Encourage your kids to be mindful of the amount of candy and snacks eaten — and to stop before they feel full or sick.

You also can offer some alternatives to candy to the trick-or-treaters who come to your door. Here are some treats you might give out:

- non-food treats, like stickers, toys, temporary tattoos, false teeth, little bottles of bubbles and small games, like tiny decks of cards (party-supply stores can be great sources for these)
- snacks such as small bags of pretzels, sugar-free gum, trail mix, small boxes of raisins, and popcorn
- sugar-free candy
- small boxes of cereal

Steer clear of any snacks or toys — like small plastic objects — that could pose choking hazards to very young children.

And remember that Halloween, like other holidays, is a single day on the calendar. If your family eats sensibly during the rest of the year, it will have a more lasting impact than a few days of overindulgence.

Reviewed by: KidsHealth Medical Experts

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

© 1995-2021 The Nemours Foundation. All rights reserved.

Images provided by The Nemours Foundation, iStock, Getty Images, Veer, Shutterstock, and Clipart.com.



Halloween Safety Tips

From the candy to the costumes, Halloween is a fun-filled time for kids and parents. To help make it a trick-free treat, follow these simple safety tips.

Dressing Your Little Ghouls & Goblins

- Choose a light-colored costume that's easy to see at night. Add reflective tape or glow-in-the-dark tape to the costume and to the trick-or-treat bag.
- Only buy costumes labeled "flame-retardant." This means the material won't burn. If you make your own costume, use nylon or polyester materials, which are flame-retardant.
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Masks can make it hard for kids to see and breathe. Instead, try using non-toxic face paint or makeup.
- Don't use colored or decorative contact lenses, unless they're prescribed by a licensed eye doctor.
- Put a nametag — with your phone number — on your children's costumes.
- To prevent falls, avoid oversized and high-heeled shoes. Make sure the rest of the costume fits well too.
- Make sure that any props your kids carry, such as wands or swords, are short and flexible.

Trick-or-Treating Basics

Kids under age 12 should:

- always go trick-or-treating with an adult
- know how to call 911 in case they get lost
- know their home phone number or your cellphone number if you don't have a landline

Older kids who go out on their own should:

- know their planned route and when they'll be coming home
- carry a cellphone
- go in a group and stay together
- only go to houses with porch lights on
- stay away from candles and other flames
- know to never go into strangers' homes or cars

For all kids:

- According to Safe Kids Worldwide, the risk of kids being hit by a car is higher on Halloween than on any other day of the year. So make sure all kids:
 - walk on sidewalks on lit streets (never through alleys or across lawns)
 - walk from house to house (never run) and always walk facing traffic when walking on roads
 - cross the street at crosswalks and never assume that vehicles will stop
- Give kids flashlights with fresh batteries. Kids may also enjoy wearing glow sticks as bracelets or necklaces.
- Limit trick-or-treating to your neighborhood and the homes of people you know.

When kids get home:

- Help them check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any homemade treats that weren't made by someone you know.
- Don't let young children have hard candy or gum that could cause choking.

Keep Visiting Ghouls Safe Too!

Make sure trick-or-treaters are safe when visiting your home too. Remove anything that could cause them to trip or fall on your walkway or lawn. Make sure the lights are on outside your house and light the walkway to your door, if possible. Keep family pets away from trick-or-treaters, even if they seem harmless to you.

Halloween Goodies — What You Give Out and What Kids Get

- Make Halloween fun for all — including kids with food allergies. Consider buying Halloween treats other than candy. Stickers, erasers, crayons, pencils, coloring books, and sealed packages of raisins and dried fruits are good choices.
- As you inspect what your kids brought home, keep track of how much candy they got and store it somewhere other than their bedrooms. Consider being somewhat lenient about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled. Let kids have one or two treats a day instead of leaving candy out in big bags or bowls for kids to eat at will.

Reviewed by: Kate M. Cronan, MD

Date reviewed: October 2018

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

© 1995-2021 The Nemours Foundation. All rights reserved.

Images provided by The Nemours Foundation, iStock, Getty Images, Veer, Shutterstock, and Clipart.com.

Halloween Candy Hints & Safety Tips

Post Test – October 2021

**Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.**

1. Before kids go trick-or-treating, try to serve a _____ meal so they're not hungry when the candy starts coming in.
2. To help avoid temptation, buy your candy at the last minute and put the leftovers in your sock drawer.
True or False?
3. If your family eats _____ during the rest of the year, it will have a more lasting impact than a few days of overindulgence.
4. Only buy costumes labeled “ _____ - _____ ”. This means the material won't burn.
5. Kids under age 12 should always go trick or treating with an _____.
6. According to Safe Kids Worldwide, the risk of kids being hit by a car is higher on Halloween than on any other day of the year.
True or False?
7. Give kids _____ with fresh batteries.
8. Don't let young children have hard candy or gum that could cause _____.
9. Make Halloween fun for all – including kids with food allergies.
Consider buying Halloween treats other than _____.
10. Consider being somewhat _____ about candy eating on Halloween, within reason, and talk about how the rest of the candy will be handled.

September 2021 Quiz Answers. 1.Exercise 2.True 3.Sleep 4.Elements
5.Aerobic 6.False 7.Flexibility 8.Obesity 9.60/120 10.Lifestyle



Southwest Human Development Services
P.O. Box 28487 • Austin, Texas 78755-8487
(512) 467-7916 • Toll Free (800) 369-9082
Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org

SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

October 2021: Halloween Candy Hints & Safety Tips

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Elizabeth Curtis
Training Coordinator
Southwest Human Development Services