



Week One Participant Manual:
The Candy Storm

Week 1 Contents

- Preparations and Techniques for Success at Halloween
- Challenges and Strategies
- Recipes
 - Caramel Sauce for Apples
 - Homemade Peanut Butter Cups
 - Pumpkin Cranberry Muffins
 - Pumpkin Potatoes

JOURNALING

- What are your thoughts on creating a balance with allowing your children to celebrate Halloween but keeping mindful eating in place?
- What is one thing your family can do to make the Halloween season a healthier season? What will need to be done to make this happen?

Halloween Survival Guide

So what can you do with all of the leftover Halloween candy so that you and your kids aren't tempted to eat it?

The easiest thing would be to simply throw it all away, but that seems like such a waste and a painful thing to do to your children....So instead, try these suggestions:

7 Things To Do With Halloween Leftovers

1.

Donate It!

- Go through the candy and instead of throwing it away decide what you'll keep and what you'll give away to a food bank, school, or church. Although not a very nutritious thing to donate, it can likely still be used as a special treat at parties and carnivals, etc.
 - Take the initiative at your work environment and organize an Operation Gratitude (visit this website for more details: <http://www.operationgratitude.com/>) This program allows you pack up and ship out candy to troops stationed throughout the world. This is a way for you to help your family and co-workers' families too. We want to keep our troops healthy too, but this is an every once in a while treat, which helps to create balance for them also.

2.

Bake With It!

- Consider using some in a recipe to make a dessert treat such as cupcakes or cookies. And then allow your children to invite some friends over for a special night of board games and dessert. This helps to get rid of a lot in one shot and aids controlling the amount everyone consumes.

3.

It's Party Time!

- Throw a kid holiday party and use the leftover candy to stuff a homemade piñata. Also include some non-candy item treats in the piñata such as bouncy balls, stickers, and bracelets.

4.

Gingerbread Houses!

- Making a gingerbread house or creating other pieces of art utilizing the leftover candy can be a fun family activity.

5.

Make it a Topping

- Freeze some of it and then chop it up and use it as a topping on ice cream for an occasional, special treat. Also frozen chocolate takes longer to eat so this alone can help overconsumption at one sitting.

6.

Make it Special

- Put some of your child's favorites away and save them for occasional treats or as a dessert. Let them pick when they decide to have their special treat but the only rule is it cannot be consumed before breakfast. Although you don't want to give your kids unrestricted access to sweets and candy, a small treat as part of an otherwise healthy and well balanced diet is usually considered to be okay.
 - In fact, many experts warn that if you don't allow your kids to have any sweets, then they may try to sneak them behind your back or overload on them when they are away from home.

7.

Time It!

- Avoid getting too much candy by limiting how much trick-or-treating your kids do or have a limit on how much candy they can collect. That also goes for limiting the amount you buy to hand out too...

Week 1 Not One Ounce Challenges and Strategies

Handling Halloween!

What Is The Short-Term Problem?

The National Confectioners Association estimates that **90% of parents sneak goodies** from their kids' Halloween haul!

The sugar you eat in those candies stimulate the insulin surge that leaves you tired and hungry after only an hour – so you are moving less, eating more – not a good thing.

Thus, you not only get a bolus of calories that frustrate weight control efforts, they also create the nagging sensation to eat even more later on!

So What Is The Long-Term Problem?

Feeding our sweet tooth **is like watering a plant**. It only makes the thing bigger, needing more water next time.

After encouraging your sweet tooth, it becomes easier to choose over-sweetened foods. This is because you make food selections based on your tastes.

So eating these Halloween candies makes your body ask for more sweets many days, weeks, and months in the future.

Want To Lose Weight?

Halloween doesn't have to be scary...

Just follow the steps outlined here and you can make it through **without gaining one single ounce**.

Good Candy? Really?

Absolutely!! Want some good weight loss news? The only candy that is even remotely good for you is dark chocolate (try to choose at least 70% or higher cocoa). The other stuff creates cravings and over-consumption for the types of "foods" that pack on the pounds!!

Under Buy

Your GOAL is to end up the evening with nothing left over. **Nothing**. So when you buy your chocolates, get an amount that will leave no leftovers in your house. **None**.

If you really want to lose weight ...

If you want to lose weight, find all sugar additives in your food products and eliminate them. Every version of high fructose corn syrup, and sucrose and dextrose and sugar and syrup and on and on. For these 8 weeks, do not eat them, Sam I am. Do not eat them on a boat, do not eat them with a goat; not in the rain, not on a train. You get the picture.

Strategies for your Trick-or-Treaters

Feed them first: Make sure your kids eat a good meal before heading out on Halloween so they won't be ravenous while your neighbors are loading them up on candy. In the spirit of celebration, make their dinner that night one of their favorites.

Set guidelines beforehand: Let them know before they go out that you'll be going through the candy together afterwards, so they'll know what to expect.

Be a role model: Buy healthy treats for the neighborhood kids that won't pack on the pounds.

Recipes

Caramel Sauce for Apples

You'll Need

- ½ cup unsalted butter
- 1 cup light brown sugar
- ¼ cup heavy cream
- Pinch of Kosher salt
- 1 teaspoon vanilla

Directions

- Mix butter and sugar in small sauce pan over medium heat, whisking until sugar melts. Bring to a simmer and cook one minute, stirring.
- Whisk in cream and salt until sauce is smooth and cook 30 seconds.
- Remove from heat and stir in vanilla.
- Can be served warm and can be refrigerated for a couple of days.
- Makes 1¼ cups

Play with Your Food

- Add in a pinch of cinnamon
- Add in some larger sea salt crystals to make a salted caramel

Peanut Butter Cups

This recipe will make 6 regular size muffin tin peanut butter cups.

You'll Need

- 21 teaspoons bittersweet chocolate chips
- 6 teaspoons peanut butter

Directions

- On a stove top in a double broiler melt the chocolate. Next place approximately 1.5 teaspoons of melted chocolate in the bottom of each muffin tin.
 - You do not have to be exact but at least make sure the chocolate covers the bottom of the muffin tin. And make sure you do not make it too thick because you will need enough chocolate to cover the top.
- Now freeze the muffin tins until chocolate hardens approximately 5 to 7 minutes.
- Remove tray from freezer and place 1 teaspoon of peanut butter on hardened chocolate and gently smooth out trying not to get it on the end of the muffins tins.
- Then cover the peanut butter with 2 teaspoons of chocolate. Freeze again.
- When hardened pop peanut butter cups out of muffin tin and enjoy or place in an airtight container and refrigerate.

Play with Your Food

- Use another nut butter instead of peanut butter
- Make in smaller size muffin tins

Pumpkin Cranberry Muffins

You'll Need

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup sugar
- ¾ teaspoon cinnamon
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- A pinch of allspice
- ¼ teaspoon salt
- ¼ cup butter, softened
- 1 ¼ cups pumpkin; puree
- 1 egg
- 1 cup cranberries; cleaned; halved

Directions

- Preheat oven to 350.
- In a large bowl, combine the flours, sugar, cinnamon, baking powder, baking soda, allspice, and salt. Stir the ingredients to mix them well.
- Add the butter, pumpkin, and egg, stirring the ingredients till they are just moist.
- Stir in the cranberries.
- Spoon the batter into 24 greased muffin cups.
- Place the muffin tins in the hot oven.
- Bake for 40 minutes or till tester inserted in center comes out clean.

Play with Your Food

Try using fresh pumpkin in this recipe. Here is a simple way to make fresh pumpkin puree.

- Cut pumpkin open and scoop out the seeds. Cut into chunks and place pumpkin chunks face down in a baking dish. Add approximately a ½ inch of water to pan: this helps keep the pumpkin flesh moist.
- Bake at 450° until you can pierce the skin with a fork (about 45 minutes to an hour).
- Scoop flesh out of shell with a spoon. Puree the flesh in a blender or food processor. The basic goal is to try to remove lumps as much as possible.

Pumpkin Potatoes

You'll Need

- Equal parts of peeled pumpkin and potatoes
- Onion, finely chopped
- Butter
- Bacon, chopped
- Salt and pepper to taste

Directions

- Boil together equal parts of the peeled potatoes and pumpkin.
- When cooked, drain them and add the chopped onion and some butter.
- Mash all till creamy.
- Season to taste with salt, pepper and bacon.

Play with Your Food

- Add a pinch of cinnamon
- Add a pinch of brown sugar