

Get ready for the
candy Katrina.



Have A “Healthy Halloween?” Isn’t That An Oxymoron?

On The Front End

- Don’t OVER-buy your Halloween candies.
- Get solid chocolate, not those with sugary fillers.
- Send kids AFTER dinner so they don’t come home starved or end up eating candy along the way.

After The Score

- When the kids come back with a pillow sack ‘o candy, let them separate it into 3 equal piles: 1) “gotta have”, 2) “so so” and 3) “could live without.”
- Throw away the “could live without.”

On The Back End

- Store candy in a Tupperware, out of sight.
- Allow kids to choose one a day for an after-school snack or dessert at dinner.

