

# Food for Thought

October 2018

## Tips for a Healthy Halloween Season

Halloween can be a worry for parents trying to help their kids enjoy the holiday without overindulging. Keep in mind the following tips to take some of the worry out of this fun holiday season.



- H** **Have a healthy meal before heading out trick-or-treating**, so your children are not hungry when the candy starts coming in and to reduce the urge to snack. Don't send your children trick-or-treating on an empty stomach.
- A** **Activity is important** this fall. On Halloween walk around the neighborhood instead of driving. During the day walk around a local park and enjoy the changing colors of the trees. No child can resist a nice pile of leaves.
- L** **Leniency about eating candy on Halloween is ok, within reason.** If you and your family eat sensibly all year long, then your kids will know how to make wise decisions when they are tempted to overindulge with unhealthy foods. Candy is fine when eaten in moderation.
- L** **Learn to balance candy and sweets with whole grains, fruits and vegetables.** Remember to keep eating healthy foods like fruits and veggies during Halloween season to help balance the sweet treats.
- O** **Offer non-candy alternatives when choosing treats for trick-or-treaters.** They will get enough candy from other places. Consider giving out small toys, tattoos, stickers, pencils, sugar-free gum, etc.
- W** **Watch over the candy your child gets.** Remove choking hazards (hard candies, peanuts) for children 3 and under. With all children check their candy for safety and throw out pieces they just don't like. Just because it was given out, doesn't mean it has to be eaten.
- E** **Encourage your child to be mindful of the amount of candy and snacks eaten** — and to stop before feeling full or sick.
- E** **Encourage healthy holiday activities.** Don't just focus on treats during the Halloween season. Get out and visit a pumpkin patch or carve a pumpkin for a fun activity for children. You can make something healthy with the pumpkin.
- N** **Never forget to enjoy this time with your children!**



## Pumpkin Smoothie

Mix together pumpkin, fat-free milk, frozen vanilla yogurt and a dash of pumpkin spice or cinnamon in a blender and enjoy!

**October 2018**

**North Idaho Eat Smart Idaho Class Schedule**

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2	3 <b>Healthy Food Pantry Demo</b> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 1:00 <b>Choosing to Move More</b> @ Riverstone Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:00	4 <b>Choosing More Fruits &amp; Veggies</b> @ 1912 Building – 412 E. 3 <sup>rd</sup> St. – Moscow – 1:00 to 2:00	5 <b>Healthy Food Pantry Nutrition Demos</b> @ Canvas Church Mobile Food Bank – 2200 N. 7 <sup>th</sup> St. – CDA – 12:00 to 2:00
9	10 <b>Choosing More Fruits &amp; Veggies</b> @ Riverstone Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:00	11 <b>Fix it Safe</b> @ 1912 Building – 412 E. 3 <sup>rd</sup> St. – Moscow – 1:00 to 2:00 <b>Healthy Food Pantry Nutrition Demos</b> @ Canvas Church Food Bank – 2200 N. 7 <sup>th</sup> St. – CDA – 2:30 to 4:00	12
16	17 <b>Healthy Food Pantry Demo</b> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 1:00 <b>Fix it Safe</b> @ Riverstone Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:00 <b>Power Up Your Day with Breakfast Nutrition Demo</b> @ Troy Food Bank – 106 E. 6 <sup>th</sup> St. – Troy – 4:00 to 7:00	18 <b>Plan: Know What’s for Dinner</b> @ 1912 Building – 412 E. 3 <sup>rd</sup> St. – Moscow – 1:00 to 2:00	19 <b>Healthy Food Pantry Nutrition Demo</b> @ Moscow Food Bank – 110 N. Polk St. – Moscow – 2:00 to 4:00
23 <b>Fruits &amp; Veggies Nutrition Demo</b> @ CAP Food Bank – 124 New 6 <sup>th</sup> St. – Lewiston – 1:00 to 3:00	24 <b>Plan: Know What’s for Dinner</b> @ Riverstone Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:00	25 <b>Get the Best for Less Nutrition Demo</b> @ Potlatch Food Bank – 510 Pine St. – Potlatch – 10:00 to 12:00 <b>Shop: Get the Best for Less</b> @ 1912 Building – 412 E. 3 <sup>rd</sup> St. – Moscow – 1:00 to 2:00	26
30	31 <b>Healthy Food Pantry Demo</b> @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint, 11:00 to 1:00 <b>Shop: Get the Best for Less</b> @ Riverstone Apartments – 2050 W. Whistler Loop – CDA – 1:00 to 2:00	<b>Eat Smart Idaho offers FREE classes that can help limited resource individuals &amp; families learn how to eat well for less!</b>  Sources: <a href="http://www.cdc.gov/family/halloween/">http://www.cdc.gov/family/halloween/</a> ; <a href="http://www.eatright.org">www.eatright.org</a> ; <a href="http://kidshealth.org">http://kidshealth.org</a> retrieved 9/20/12	

**For Information on Eat Smart Idaho classes in the 10 northern counties of Idaho contact:**

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