

Food for Thought

October 2019

Healthy Halloween Hints

For health-conscious parents, Halloween can be tricky. Do you set limits, or do you let kids decide how much to eat? There isn't one right answer. Remember, there are no "bad" foods. A little extra candy and cookies on Halloween isn't "bad." Here are some hints for handling Halloween:



- ▶ **Before kids go trick-or-treating serve a healthy meal**, so they're not hungry when the candy starts coming in.
- ▶ **Get your family active.** 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.
- ▶ **Know how much candy your child has collected** and store it somewhere other than the child's room. Having it so handy can be an irresistible temptation for many kids.
- ▶ **Consider being somewhat lenient about candy eating on Halloween, within reason**, and save the leftover treats to eat over the coming days and/or months. Candy and snacks shouldn't get in the way of kids eating healthy meals.
- ▶ **Encourage your child to be mindful of the amount of candy and snacks eaten** — and to stop before feeling full or sick.
- ▶ **Be a role model by eating Halloween candy in moderation yourself.** Buy candy at the last minute and get rid of the leftover candy you may not want around. You also can offer some alternatives to candy to trick-or-treaters who come to your door. However, be careful with very young children and small hard snacks or toys that could pose choking hazards.
- ▶ **Don't just focus on treats during the Halloween season.** Carving a pumpkin is a fun activity for children. You can make something healthy with the pumpkin.



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.

Pumpkin Peanut Butter Dip

$\frac{3}{4}$ cup pumpkin puree
1 to 4 tsp. brown sugar to taste

$\frac{3}{4}$ cup peanut butter
 $\frac{1}{2}$ tsp. vanilla

Mix all ingredients together. Serve with graham crackers, apple wedges, celery and/or carrot sticks.

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North Idaho Eat Smart Idaho Class Schedule

Monday	Tuesday	Wednesday	Thursday
Eat Smart Idaho offers FREE classes that can help limited resource individuals & families learn how to eat well for less!	1 <u>Choosing More Fruits & Vegetables @ Lewiston Library</u> – 411 D St. – Lewiston – 5:00 to 6:30	2	3
7	8 <u>Fix it Safe @ Lewiston Library</u> – 411 D St. – Lewiston – 5:00 to 6:30	9 <u>Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank</u> – 415 E. 3 rd Ave. – PF – 10:00 to 12:30	10 <u>General Nutrition Demos @ Canvas Church Food Bank</u> – 2200 N. 7 th St. – CDA – 2:30 to 4:00 <u>Handwashing Demo @ Moscow Food Bank</u> – 110 N. Polk St – Moscow – 2:00 to 4:00
14	15 <u>Plan: Know What's for Dinner @ Lewiston Library</u> – 411 D St. – Lewiston – 5:00 to 6:30	16 <u>Fruit & Veggies @ WIC/Panhandle Health</u> – 8500 N. Atlas Rd. – CDA – 10:00 to 11:00	17
21 <u>Healthy Food Pantry Nutrition Demo @ Post Falls Food Bank</u> – 415 E. 3 rd Ave. – Post Falls – 11:00 to 1:30	22 <u>Shop: Get the Best for Less @ Lewiston Library</u> – 411 D St. – Lewiston – 5:00 to 6:30	23 <u>No Mealtime Madness @ WIC/Panhandle Health</u> – 8500 N. Atlas Rd. – CDA – 10:00 to 11:00 <u>Handwashing Demo @ Troy Food Bank</u> – 106 E. 6 th St.– Troy – 4:00 to 7:00	24 <u>Balance Between Food & Fun Demo @ Potlatch Food Bank</u> – 510 Pine St. – Potlatch – 10:00 to 12:00
28	29 <u>Shop for Value, Check the Facts @ Lewiston Library</u> – 411 D St. – Lewiston – 5:00 to 6:30	30 <u>Hack a Snack @ WIC/Panhandle Health</u> – 8500 N. Atlas Rd. – CDA – 10:00 to 11:00	31 

Sources: http://kidshealth.org/parent/firstaid_safe/home/candy_hints.html; <https://eat-move-save.extension.illinois.edu/eat/recipes/pumpkin-peanut-butter-dip> retrieved 09/30/19

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Kootenai & Shoshone: 446-1680
 Bonner & Boundary: 263-8511
 Clearwater, Latah or Nez Perce: 883-2267
 Idaho or Lewis: 983-2667



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