

## DON'T BE SCARED: 11 TIPS FOR A HEALTHY HALLOWEEN

by Integrative Nutrition

Is a healthy Halloween possible? Of course Halloween can be a scary time of year for parents that want to keep their little ghosts & goblins away from mountains of refined sugar. Being surrounded by so many sweets can make this a challenging holiday for many people and their families. Even those with the best intentions can be at risk for over-indulging.



### 1. Don't buy candy until the day of Halloween.

Avoid having candy around weeks prior to the sweets frenzy. It will also make it more special to wait when the time comes to savor and enjoy some pieces of your favorite kind.

### 2. Find healthy versions of treats.

Look for healthier chocolate and candy to pass out to trick-or-treaters at your local health food store. Finding chocolate treats that are at least 70% pure cacao instead of the processed milk chocolate, is easy to do, and the taste is out of this world.

### 3. Avoid the traditional candy items.

Give out crayons and coloring books or other crafty treats that will spark creativity in a kid's mind.

### 4. Feed your kids before they go out.

Make sure your kids eat a healthy balanced meal before they go trick-or-treating. They will be less likely to consume candy all along the way.

“

Magic is really very simple, all you've got to do is want something and then let yourself have it.

- Aggie Cromwell

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## A Healthy Halloween Book Recommendation

*Pumpkin, a Super Food for All  
12 Months of the Year*

by  
DeeDee Stovel

Nutritious, delicious, and amazingly versatile, pumpkin provides necessary vitamins, protein, and complex carbohydrates to a balanced and healthy diet. Reap the benefits of this superfood as you take advantage of its mellow flavor and smooth texture to add a new dimension to your favorite dishes.

## 5. Practice the 90-10 rule.

Limit their sugar intake after the big night and only allow a certain number of items per day. Feel free to throw it out after a certain amount of time, if you feel that there's too much on hand. You are the parent after all.

## 6. Getting the kids moving.

Make sure the kids get plenty of exercise before trick-or-treating.

## 7. Do the monster mash.

Have a Halloween party instead of the usual trick-or-treating. You will be in control of all the treats that you serve, making sure the sugar load is kept to a minimal.

## 8. Plan other fun activities.

Do something that isn't focused on collecting candy. Go on a hay ride, pumpkin picking, or a haunted house. Carve the pumpkins and bake the seeds for a healthy snack.

## 9. Limit the amount of time spent trick-or-treating.

This will decrease the amount of candy that has to be negotiated. Take the time to enjoy your community and plan a post-trick-or-treating party (candy-swap to weed out favorites), return home to watch a Halloween movie, play games or make crafts.

## 10. Share or donate candy.

This overabundance of candy can give kids an opportunity to learn how to share and think about other people less fortunate.

## 11. Make small baggies.

Give kids reasonable portions of candy for a few days following Halloween.



For more information or advice, contact eni online at:

[balancebenefits.com](http://balancebenefits.com)

## October 26th is National Pumpkin Day!

### Celebrate With This Healthy Pumpkin No Bake Energy Bites Recipe!

by Gimme Some Oven

#### INGREDIENTS:

- 8 oz. chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- pinch of salt
- 1 cup old-fashioned oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)

#### DIRECTIONS:

Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.

Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes.

Once the mixture is cool, use a spoon or cookie scoop to shape it into your desired size of energy balls. (Mine were about 1-inch in diameter.) Alternately, you can line a small baking pan with parchment paper, and press the mixture evenly into the pan, let it cool, and then cut into bars.

Store covered in the refrigerator for up to 2 weeks. (Storing them in the refrigerator helps the energy bites hold their shape.)