



October 2010

## 4 BEST AND WORST HALLOWEEN CANDIES AND A FREE SONG!

### BEST CHOCOLATE MINIATURE

**3 Musketeers Minis**

(24 calories, less than 1g fat)

### WORST CHOCOLATE MINIATURE

**Butterfinger Minis**

(45 calories, 2g fat)

### BEST FRUITY CANDY

**Fun-size Lemonheads**

(50 calories, 0g fat for 10 pieces)

### WORST FRUITY CANDY

**Starburst Fruit Chews**

(204 calories, 4g fat for 10 pieces)

### BEST FULL-SIZE CANDY BAR

**York Peppermint Pattie**

(140 calories, 2.5g fat)

### WORST FULL-SIZE CANDY BAR

**Snickers**

(280 calories, 14g fat)

### BEST HALLOWEEN SPECIALTY CANDY

**Peeps Pumpkins**

(16 calories, 0g fat)

Download a **FREE** Healthy Halloween song!

[HERE](#)

### WORST HALLOWEEN SPECIALTY CANDY

**Reese's Peanut Butter Pumpkin**

(170 calories, 10g fat)

Source: Lisa Lillien, Redbook Magazine

## ENDING OBESITY ONE HALLOWEEN AT A TIME



Be sure to preview our new OBESITY CD:

[Healthrock: Let's Move](#)

### MAKE SALT DOUGH

**Childhood obesity is a serious epidemic.** According to the White House Task Force on the subject: "one in every three children (31.7%) ages 2-19 is overweight or obese. Studies show that approximately one in five children are overweight or obese by the time they reach their 6th birthday, and over half of obese children become overweight at or before age two.

Obesity is estimated to cause 112,000 deaths per year in the United States, and one third of all children born in the year 2000 are expected to develop diabetes during their lifetime. The current generation may even be on track to have a shorter lifespan than their parents."

These statistics make having a healthy Halloween even more important. The memories associated with trick-or-treating, ...dressing up and having festive parties does not have to include eating so much candy and chocolate your belly hurts. It's important to help teach children moderation and especially

## GHOSTLY STICKS

For a fun afternoon project that doesn't involve eating goodies follow these directions at [education.com](http://education.com)

on a holiday filled with tempting goodies to have alternative healthy options, that don't have to be boring. Celebrating the holiday with fun and laughter are as easy as decorating pumpkins or toasting pumpkin seeds.

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## LEFTOVER HALLOWEEN CANDY?

Instead of eating it all within days of October 31st, here are some healthier alternatives:

1. Donate it. Give to a local charity or in a care package to Troops overseas
2. Use it for science experiments or arts and craft projects. Some great ideas can be found at: [www.candyexperiments.com](http://www.candyexperiments.com)
3. Fill a Piñata for your next party
4. Freeze your favorite candy bars for a special snack in future months
5. Save it to use when making your holiday gingerbread house

Have a great idea  
or tip?  
Tell others!



## 4 HEALTHY HALLOWEEN SNACKS

**TRICK-OR-TREAT?** October is a month of family fun, from hayrides to pumpkin carving, but what it brings most of all is candy. Everywhere you look candy is tempting our little ones. It can't be avoided in the supermarket and there's no question a bag or two will be filled while trick-or-treating, but that doesn't mean you can't provide snacks for your kids that bring the fun of Halloween to healthy foods. Try some of the following this month:

- **SPIDER-FILLED WEBS**

Help your kids design a spider web using small, thin, and straight pretzels. Add raisins to the corners and middle as the spiders!

- **BANANA BATS**

Cut a ripe banana in half and put a popsicle stick in one end. Melt chocolate and dip the banana in the chocolate. Cut banana into 1-inch slices. Break chocolate graham crackers into small pieces and add to each side of the banana as wings and freeze.

- **POTATO GHOSTS**

Make dinner a bit more fun by shaping mashed potatoes into ghosts, either freehand, or filling a ghost cookie cutter. Shape each ghost on a cookie sheet, add vegetable oil spread and brown in the oven for a few minutes.

- **CHEESE WITCH BROOMSTICKS**

Shred string cheese into thin strips and tie onto a carrot with a thin piece of licorice.

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## ALTERNATIVE TREATS FOR TRICKERS

**Minimize the amount of candy neighborhood kids receive** this year by thinking outside the box and giving fun little treats instead of the usual chocolate bar. Fun pencils, a package of crayons, stickers or even temporary tattoos (as long as they are individually sealed) make great treats for kids. If it just doesn't feel like Halloween without food, think about giving small packages of goldfish, pretzels or animal crackers. With all the 100-calorie packs on the market today the options are endless for healthier snacks.

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