

## Healthy Lifestyles – Marshfield Area Coalition’s

### Hints for Health

*Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out these tips on how to enjoy a Halloween treat without the guilt and where you can donate the rest. Enjoy!*

#### What to do with all that Halloween candy!?

After sorting through your favorite Halloween candy, why not find something else to do with the rest? Here are some ideas that will save you guilt and give you something new to try. Give them a try and your teeth and waist will thank you.

- Participate in a candy exchange. Some dentists and orthodontists specialize in offering candy exchanges. Turn in candy and get healthy treats or even money in exchange. They donate the candy to soup kitchens or to troops overseas.
- Halloween candy can be included in care packages that are sent to soldiers serving their country far from home. Here are two organizations that ship packages to the troops. Don't forget to include a handwritten letter of support to really put a smile on a soldier's face! [www.operationgratitude.com](http://www.operationgratitude.com), [www.operationshoobox.com](http://www.operationshoobox.com)
- Reduce by recycling. If you have a birthday or other party coming up, offer to use your candy to fill up goodie bags.
- Make a special Halloween version of trail mix by tossing in a handful of candy pieces with your pretzels, nuts, raisins, and dried fruits.
- Use the candy to fill a piñata for someone who has a fall or winter birthday.
- Have children use candy to practice addition, subtraction, or counting by fives and tens. Hershey bars or KitKats are both great for visualizing fractions.
- Donate candy to science! Many great candy experiments can be done at home using Skittles, Lifesavers, Starbursts, M&Ms, and more. [www.candyexperiments.com](http://www.candyexperiments.com)
- Create a board game using candy as pieces.

Source: Kidshealth.org

#### Did you know.....

With Halloween haunting us at the end of the month, now is the time to think about which sweets are unhealthy "tricks" and which are healthy "treats". Many of us will be tempted by a child's goodie bags or by workplace candy dishes. The list below offers some suggestion on how to have a treat without going overboard on fat, calories, and sugar!

- 1 "fun" size Snickers (99 calories, 5 g fat, 10 g sugar)
- 10 candy corns (50 calories, 0 g fat, 5.5 g sugar)
- 1 blowpop (50 calories, 0 g fat, 11 g sugar)
- 2 Hershey kisses (50 calories, 3 g fat, 5 g sugar)
- 1 "fun" size bag of Skittles (77 calories, 0.8 g fat, 14.5 g sugar)
- 1 "fun" size bag of M&Ms (105 calories, 4.5 g fat, 13 g sugar)
- 4 Starburst chews (40 calories, 5 g fat, 34 g sugar)
- 1 Hershey's miniature - Special Dark, Krackel, Milk Choc, or Mr. Goodbar (45 calories, 2.5 g fat each)