

HEALTHY IDEAS for TRICK or TREATING

Healthy Food Treats: Think outside the box when choosing treats for trick-or-treaters or party-goers.

There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your own children and the neighborhood kids by passing out healthy treats like these instead of giving them candy.

- cereal bars
- snack packets of dried fruit, baked pretzels, nut and seeds (e.g. peanuts*, unsalted almonds, sunflower seeds or pumpkin seeds)
- trail mix
- packages of low-fat crackers with cheese or peanut* butter filling
- animal crackers
- gold fish crackers
- graham crackers
- Cracker jacks
- 100 calorie packs of various products
- beef or turkey jerky
- single serve boxes of ready-to-eat cereal
- raisins and chocolate covered raisins
- sugar-free gum or hard candy
- gummy candies made with real juice
- mini boxes of raisins
- individual juice drinks (100% juice)
- snack pack pudding
- applesauce
- single-serve packets of low-fat microwave popcorn
- sugar-free hot chocolate or apple cider packets



*Be careful of peanut allergies.

Fresh fruits (e.g. apples, bananas and oranges) are very nutritious treats, but they are no longer safe options. Remember that individually wrapped items are best.

If you choose candy for treats, look for those that are lower in fat and sugar. Choose bite-size candy bars based on the least amount of fat and sugar per serving. Better choices are: 3 Musketeers; 100 Grand Bar; Butterfinger; Milky Way; Raisinets; Starburst and York Peppermint Patties. In addition, consider healthier dark chocolate versions.

