

Trick or Treat!

Have a "Spook-tacular" and Safe Halloween

It's that time of year again when little witches, goblins and ghosts appear on your doorstep. Although Halloween is supposed to be fun, it's wise to pay attention to safety, too. Here are simple safety "do's and don'ts" and for healthy snacking too.

Safety Do's

- Make sure your children walk in groups or with a trusted adult.
- Map out a route.
- Use reflective tape on costumes and bags to help drivers see your kids.
- Examine all treats for choking hazards and tampering before your children eat them. Tell them to bring their treats home before eating anything.
- Have your kids test any make-up in a small area first and be sure they remove it before bedtime.
- Remind your kids to look both ways before crossing the street and to use crosswalks where possible.



Safety Don'ts

- Emphasize to your kids that they should not run from house to house and to stay off neighbor's lawns.
- Your children should never wear decorative contact lenses -- too much risk for eye infections or worse!
- No walking in the road.
- Don't walk with lit candles.
- Don't eat homemade treats made by strangers.
- And, of course, tell your kids to say "no" to anyone who offers them a ride.

Now, for the reason kids like to trick and treat. Snacks!

Ghoulishly Good Fast Snacks

You may not have time to brew up tasty concoctions and kids don't like getting apples, so here are healthy (but not boring) treats to consider:

- Raisins or dark chocolate raisins.
- Sugar-free gummy candy.
- Sugar-free cookie packs.
- Low-fat granola cereal bars.
- Bags of trail mix.
- Dried fruits.



Take these safety precautions and enjoy healthy snacks for a spook-tacular Halloween.