

Healthy Halloween

You can celebrate Halloween while keeping the temptation of sugary treats to a minimum! Here are some tips to follow before, during, and after Halloween.

Tricks

- Buy your treats close to Halloween so you can't nibble.
- Purchase candy that you don't like.
- Buy less than you think you might need, and give it ALL away.
- Visit party stores to look for fun and unusual treats that are not candy (see **Treats** below).

Treats

Look beyond traditional Halloween candies when choosing hand-outs for neighborhood children. Think about treats that children enjoy, and that are also healthy. It is best to not make homemade treats, for parents may discard them. Here are some fun ideas:

Silly and Fun Treats:

- Whistles and noise makers
- Silly rings or bands
- Fun pencils or erasers
- Pennies or nickels
- Stickers
- Bubbles
- Rubber spiders/worms

Sweet and Food Treats:

- Sugar-free chewing gum
- Cheese sticks or cheese-and-cracker packs
- Packages of raisins, nuts or nuts
- Packages of instant cocoa
- Cereal or granola bars
- Small bags of pretzels or baked chips
- Fruit leather/roll-ups
- Lollypops (they are hard to over-eat)

After Halloween

After Halloween, resist the temptation to purchase candy that is on sale. Also, DO NOT bring left-over candy to work to tempt yourself and co-workers.

Instead you can:

- Throw it out!
- Store it in the freezer for small treats later
- Donate it

If you want something sweet, the small packages that are sometimes used for Halloween are great for helping control the portion size.

Here's to a fun and healthy Halloween!

Recipe of the Week –Pumpkin Chocolate Chip Bread

Adapted from *Cooking Light*
Makes one loaf (12 slices)

- 1 cup sugar
- 1 cup canned pumpkin
- ¼ cup canola oil
- ¼ cup fat-free vanilla pudding or low-fat vanilla yogurt
- 2 large egg whites or ¼ egg substitute
- 1 ½ cups all-purpose flour or mix white and whole wheat flours
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¼ cup mini chocolate chips (or ½ cup regular chips)
- Cooking spray

1. Preheat oven to 350 degrees.
2. Combine sugar, pumpkin, oil, pudding or yogurt and eggs in a large bowl and stir well with whisk.

3. Combine flour, cinnamon, salt and baking soda in a medium bowl and stir. Add flour mixture to pumpkin mixture, stirring just till moist. Stir in chocolate chips.
4. Spray 8"x4" loaf pan with cooking spray and place batter in pan.
5. Bake 1 hour and 15 minutes or till wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack. Remove from pan and cool completely on rack .

Nutrition Information per slice:

Calories: 175	Fat: 5.8 grams
Saturated fat: 1 gram	Carbohydrates: 29 grams
Fiber: 1.4 grams	Protein: 2.7 grams

Tip of the Week

Start every workout with a warm-up. If you plan to walk at a brisk pace, start by walking at an easy pace for 5 to 10 minutes. When you're done working out, do the same thing until your heart rate returns to normal. Research suggests that warming up decreases the chance of injury.

--- <http://womenshealth.gov/faq/physical-activity.cfm>