



October Newsletter

HOW TO INCORPORATE TREATS INTO A HEALTHY DIET

With Halloween just around the corner, grocery stores are stocking their shelves with all the treats. Should you let your children eat all the candy they want or none at all? It's important to choose nutritious foods more often; however, treats can still be a part of a well balanced diet. Tips on how to incorporate treats into a healthy diet are listed below, as well as a homemade treat to enjoy this Halloween season.

Practice Balance

Part of a healthy diet does include treats. It is important to remember that these foods are ones to select less often compared to the foods we want more often such as fruits, vegetable and whole grains. A good way to practice this at home is to allow one to two Halloween candies into your child's lunch during the Halloween week. This way, they will learn to adopt a balanced approach to food.

Halloween Is More Than Candy

Start a new Halloween tradition at home that doesn't revolve around the candy.

A great example would be to invite friends and/or family over for a nutritious dinner before trick-or-treating. Afterwards gather a group together to watch fireworks, watch a halloween movie or play games. This way, Halloween becomes more about the time spent with others and not eating candy.

Let Your Children Learn and Reflect

Learning comes with personal experience. Don't stress too much if you allow your child to eat as much candy as they'd like on Halloween night. If your child chooses to eat candy to the point of feeling ill, ask them what they feel like and what they might do next time to avoid feeling that way again.

Too Much Candy to Manage?

If you find yourself overwhelmed with the amount of candy brought home after your child's night out...

1. Send your child out with a smaller candy-collecting bucket
2. Set a time limit for trick-or-treating
3. Ask your child if they'd like to trade any of their candy for a small toy, homemade dessert, or a trip to a movie or indoor play space!

Homemade Chocolate Peanut Butter Cup:

Ingredients:

Peanut Butter Filling

- ▶ 1/4 cup peanut butter (or allergy-friendly sub)
- ▶ 1 1/2 tbsp sweetener of choice (maple syrup, agave, honey)
- ▶ 1/8 tsp salt

Chocolate Coating

- ▶ 1/2 cup chocolate chips
- ▶ 2 tsp coconut oil

Directions:

1. Stir peanut butter together with sweetener and salt.
2. Melt the chocolate chips together with the coconut oil till you get a smooth sauce.
3. Spread about 1 tsp chocolate sauce along the bottom and up the sides of mini cupcake liners. Freeze.
4. Add about 1 tsp of the peanut butter mixture. Cover with chocolate and freeze to set.

