



OCTOBER 2020 | UBC ACTIVE KIDS

October Newsletter

UBC Active Kids



HAPPY HEALTHY HALLOWEEN

The first word many children (& adults) think of when they hear Halloween is candy! Halloween is a time where sugary foods will be everpresent, and this is not necessarily a bad thing.

Halloween is a great time to teach your family about balance, not restriction. One way of doing this could be through making these fun & healthy Halloween snacks with your children! Packing these fun snacks & a mini Halloween treat in their lunch will help them learn that having both is okay!



Mini Pumpkins

- Mandarin oranges
- Celery Sticks

Boo-nanas

- Bananas
- Mini-chocolate chips (or carob chips *DF)

1. Peel mandarin oranges & slice celery sticks into small 2-3 in pieces.
2. Poke celery sticks into centre of oranges!
3. Peel bananas
4. Push chocolate chips into bananas to make eyes!

Adapted from "Healthy Halloween Fruit Snacks" by Ciara Attwell
<https://www.myfussyeater.com/healthy-halloween-fruit-snacks/>

SWITCH WITCH!

A great option to avoid stress and deal with too much candy is to introduce kids to the **Switch Witch!**

3 Steps to Switch-ery Witch-ery:



1. Tell your children about the Switch Witch who **trades candy for prizes!**
2. Ask them to leave candy somewhere the switch can find it, the **more candy they leave the better the prize** the Switch Witch will bring!
3. **Choose a prize** (it doesn't have to be big!)



WHY INCLUDE CHILDREN IN THE KITCHEN?

Including children when cooking has been proven to increase their openness to try new foods (Cunningham-Sabo & Lohse, 2013). A kitchen can be a place of learning, bonding, and fun! Making the halloween themed snacks is an awesome way of encouraging your children to be creative and have fun while in the kitchen.

HAPPY HALLOWEEN!



Adapted from Debbie Koenig "Avoid Halloween Candy Overload with Switch Witchery"