

# Candy Alternatives for Halloween




**Pre-packaged Snacks:** Replace chocolate bars with granola bars and fruit chews with dried fruit packs. Also consider serving bagged pretzels, juice boxes and cheese sticks, but keep them low-calorie, low-fat versions.



**Tattoos:** Kids of all ages can have fun with temporary tattoos and you can find age-appropriate styles at many party supply stores — everything from Halloween-themed to butterflies, princesses, pirates and dragons. They're applied with water and generally stay on skin for a few days. Remove at any time with rubbing alcohol.



**Novelty Toys:** Visit a local dollar store or bulk grocery outlet and pick up a supply of Play-Doh, bubbles, plastic jewelry, spider rings, glow-sticks, even vampire teeth—anything small and inexpensive for kids. If it glows in the dark, even better for Halloween. 



**Popcorn:** Fill little bags of popcorn and tie with a cute orange and black ribbon for a nice treat that won't give little ones cavities.



**For Toddlers:** If you have a lot of pint-sized "Spidermen" and other caped crusaders that show up at your door every year, little bags filled with things like Cheerios or marshmallows are "toddler friendly" and ideal for little ones in that 12 months and up age bracket.



**Other Edible Delights:** Trail mix packets, fruits such as apples or oranges, even hot chocolate packets or sugar-free gum. There may be a few thankful parents out there who'll be grateful that you didn't contribute to their child getting a "sugar high".



**Stickers & Other Halloween-themed Items:** Use stickers, pencils, coloring books and crayons. These items not only last longer than a candy bar, they inspire kids' imagination - which is exactly what this holiday should do!

**Have a safe and happy Halloween!**