



# October

## Thinking outside the wrapper!

Treats can be included in a balanced diet and Halloween is a great time to indulge a little. But Halloween can be about so much more than just the candy. Get your kids involved in the spirit of Halloween with activities like pumpkin carving, apple bobbing, face painting and costume design to take the focus solely off candy.

Tip! Before trick-or-treating agree on some boundaries with your child to set expectations. How long will trick or treating last? How much candy can they eat when they return home and over the coming days?



*Happy Healthy  
Trick or Treating!*

### Try a twist on the classic candied apple!

#### Ingredients:

- Granny Apples cut into wedges
- Wooden skewers
- Creamy peanut butter
- White chocolate
- Bittersweet chocolate
- Roasted, unsalted peanuts



#### Step 1

Skewer apple wedges with wooden skewers; Arrange in a single layer on a parchment-lined baking sheet with skewers facing out.

#### Step 2

Combine creamy peanut butter, if using, 1/4 teaspoon oil, and white chocolate. Microwave at HIGH 30 seconds or until melted, stirring every 10 seconds. Combine remaining 1/4 teaspoon oil and bittersweet chocolate. Microwave at HIGH 30 seconds or until melted, stirring every 10 seconds.

#### Step 3

Drizzle peanut butter mixture over apple wedges with a teaspoon or fork. Repeat procedure with bittersweet chocolate mixture. Sprinkle evenly with peanuts. Chill. 30 minutes or until chocolate is set.

### Helpful Links:

[Canada's Food Guide](#)

[Tips for Health Eating](#)

[Ellyn Satter](#)



[Seek support from a dietitian near you:](#)

If you have lots of leftover candy you might try a **"switch witch"** who will swap extra candy for a book or game after Halloween.

If children do indulge in a lot of candy, **avoid scolding or embarrassing them.**