

# FAMILY

## Halloween Can Be Healthier

If thoughts of candy overload and pleas for “just one more piece!” bring out your inner, ahem, “momster,” we’ve got you covered. Try these simple strategies to make the holiday healthier and put the focus back on fun family time.

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### BEFORE YOU GO TRICK-OR-TREATING

Let your kids help you make a frightfully delicious dinner, and they won't be as tempted to fill up on candy. Make personalized jack-o'-lantern pizzas using mini pizza crusts or English muffins topped with sauce, cheese, and items such as pepperoni, olives, and peppers.

### WHILE YOU'RE OUT

Limit the looting and gorging by setting expectations together. Agree on how many houses you'll visit, for instance, and that—when given a choice—your kids will take only one or two goodies per stop. Also set a limit on how much candy your little goblins can gobble up on Halloween night.

### THE DAY AFTER

Have your kids choose their favorite treats, then let them eat one or two pieces a day for a week. “Buy back” the rest in exchange for a special toy or a fun family activity such as hiking, bowling, or mini golf.

**PARENTS, TRY THIS TRICK:** Avoid eating the remainder of the candy yourself by donating it to a homeless shelter or children's hospital. To donate to troops overseas, go to [soldiersangels.org](http://soldiersangels.org) or [operationgratitude.com](http://operationgratitude.com).