

Happy Halloween

Healthy Halloween Treats



Halloween and healthy don't seem to go hand in hand, but here are some ways to make Halloween healthier. Treats handed out on Halloween don't have to be food items they can also be toys or other non-food treats. Some healthy food items can also replace the traditional candies, chocolates and chips to promote a healthier lifestyle.

Reminder:

To be consistent with New Brunswick's efforts to promote healthier foods in school, parents/guardians wishing to send Halloween treats to their child's class are also encouraged to send healthy foods or beverages or non food items.

Here are some ideas of food and non-food treats to hand out at Halloween:

1. Fruit cups packed in juice
2. Fruit leather
3. Dried fruit
4. Nuts or seeds in pre-packaged bags
5. Unsweetened applesauce
6. Juice box (100% fruit juice)
7. Pre-packaged sliced apples
8. Mini playdough containers
9. Halloween stickers
10. Toothbrush
11. Lip balms
12. Temporary tattoos
13. Bouncing balls
14. Glow sticks