

# Trick or Treats, Toy Instead of Eats!

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When asked in a survey, kids were just as happy with toy Halloween treats as candy. So here are some suggestions for toy treats for your Halloween trick or treaters:



**Halloween pencils, crayons, erasers**



**Halloween magnets or stickers**



**Temporary tattoos**



**Creepy, crawly rubbery worms, spiders, etc.**



**Orange colored or pumpkin shaped note pads**



**Orange, black or Halloween balloons**



**Bubbles or whistles**



Still want to provide a treat to eat? Try these healthier ones:



**Sugar-free gum**



**Individually wrapped packages of:**

- Raisins or other dried fruit
- Pretzels
- Teddy bear graham crackers
- Pumpkin or sunflower seeds for older children



**Individual juice boxes of 100% fruit juice**

**Save money!**

**Buy next year's toy treats  
after Halloween this year.**

**NUTRITION TIP BY:** Paula Blizniak