

# Wellness Focus

ADDRESSING THE NEEDS OF STUDENTS AND STAFF FOR HEALTH AND WELLNESS

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## Healthy Halloween Party Ideas

- 1. Bob for apples!
- 2. Make a pretzel haunted house: thicken peanut butter with a little whole wheat flour to use as "paste/mortar" and cut up veggie pieces for chimneys, windows, etc. Let kids munch as they build!
- 3. Have a glow-necklace ring toss for bottled water...in the dark!
- 4. Peel several grapes and place in a bowl with flour: have blindfolded guests feel of the "witch eyes," then eat the rest of the (unpeeled) grapes!

## Handling the **CANDY CRUSH**

Feeling **CRUSHED** by the gi-normous bags of Halloween candy piled high on store shelves? (And even if you manage to avoid buying it, it's about to fill your house by the pillowcase-ful at the end of this month!) Feeling **CRUSHED** by the idea of all that weight your family is about to gain eating it? Or **CRUSHED** by the dental bills? What's a parent to do?! Remember, it's all about choices. Here are some tips and ideas to make better choices in this over-the-top treat season:

1. Gather your goblins and their goodies at the end of trick-or-treating and look through everything to be sure it's safe.
2. Ask your boys and ghouls to sort their stash into 3 piles; "love", "like" and "can live without."
3. Put all of the third piles into a discard bag.
4. Now, have each child choose a maximum of 30 pieces from the first two piles. They can plan to have one piece a day for **A WHOLE MONTH! Cool!** The rest goes where? That's right! The discard bag!
5. What about that discard bag? Discard it! Don't take it to work to share—your co-workers don't need it, either! One local dentist buys it to get it "off the streets," so that may be an option, if you just can't bear to "waste" it. (But remember, **"If it doesn't go to WASTE, it will go to WAIST!"**)
6. **OR...**Let your kids "trade" candy for fruit, raisins, nonfat yogurt, fresh veggie sticks or pretzels!
7. **OR...**Together, look up the calories in their favorite candies and talk about

how much exercise they need to do to "earn" a piece. ([www.calorieking.com](http://www.calorieking.com) puts all that eye-opening information at your fingertips...) Then referee it!

**DO TRY THIS AT HOME!!!**

Wrap fruit roll-ups around freshly washed apples. Use food-grade decorating markers to make the eyes and mouths. Enjoy!



**OUTSIDE TO PLAY!**

**Curb** cravings!

**Try** a new plan!

**O**kay to sweat!

**B**reathe!

**E**nergize!

**R**e-visit water!