

Halloween Tips

Let's face it—this year isn't a year that we are going to mark on the "Best year Ever List", if there is one. Kids aren't in school with their friends, they aren't visiting new places, going on field trips and they are having to learn from home and dealing with their parents working from home as well. On top of the school/work/home life situations, we are about to face the 2020 holiday season that is full of uncertainty. However, not having all the extended family in house or travelling and planning large dinners, may actually be a relief to some. But for others, it's another disappointment to add to the list of 2020.

So, here we are with Halloween just around the corner, on a full moon *SATURDAY NIGHT!!!* I think it's every kid's (and parent's) dream to be able to stay out late, trick or treating without having to rush home for an early school day. Do you know that Halloween won't be on a school night again until 2025!?!?

Let's do this!

I wish that we could let the kids have Halloween without fears or concerns or worries of COVID. It is unfortunately considered a high-risk event and the CDC has recommended the lowest risk possible of just having Halloween in your yard with a scavenger hunt. Yippee.

Regardless, make sure that you wear masks, socially distance and prepare any "treats" by wearing gloves and individually placing them in treat bags for kids to easily grab. It's ok to let the kids and yourself some candy this year (and every year)- just don't go overboard. *Nutrition is still important*, but I'll say that you have to have some space in your life for cake or chocolate or candy or your "guilty pleasure". It's better to let yourself have that little treat, then to totally restrict yourself from it. The more you restrict it, the more you want it. What's that saying? "You want what you can't have".....?

Perseverating on what you can't vs what you can have, could be a recipe for disaster. I think of the recent remake of Charlie and The Chocolate Factory with Johnny Depp. The little boy was the son of a dentist and he said sugar was not allowed. What did little Willy Wonka do??? Put himself into a candy coma and made his life's work about candy. To the extreme, yes... but it gets the point across!

So, how do you know how much is enough?

Let's look at my favorite candy bar :3 Musketeers. (Those are the ones I claim in my daughters trick or treat bag) 😊

Here's the nutritional content of one (1) "fun sized" candy bar:

~ 63 calories

~ 1 gm saturated fat

~ 9 gm sugar

Not so bad, huh?

The above info came from [My Fitness Pal](#) (link) and it also tells me that I need to do 23 minutes of housework/cleaning to burn off this Fun Sized candy bar..... I'm never looking at that again.



Here's what you need to know for the kids:



The key words here are **ADDED SUGARS**. This does not include the naturally occurring sugars in fruits and vegetables. This is *literally* added sugars in candy, sweets, desserts, sodas, juices, and what you may find on your food labels (eh-hem.... Check your bread's label, you might be surprised where you'll find hidden added sugars).

If you or the kids are within the 6 tsp or 25 gram maximum, then let them have some! Just make sure that they understand that this is something special and not something to be eaten every day.

Stay safe, have fun, wear a mask, and Bon Appetit!

~~ Chef Jen, RDN/LDN, RYT-200



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