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Trick? or Treat?

Treats are okay sometimes, and Halloween is one of those times. Yet at Halloween, children get more candy than their parents are willing to let them eat. Much of it gets thrown away. In addition, ***there are children for whom Halloween is disappointing, because they can't eat the candy.*** And unfortunately, many kids are eating treats multiple times every day, leading them to become overweight or obese. 50% of children ages 2 – 15 already have fatty streaks in their arteries, literally the early stages of heart disease. Some are on cholesterol and blood pressure lowering medications at as young as 8 years old. We have an epidemic of children with type 2 diabetes (which we used to call adult onset!). Finally, about 35% of cancers are caused by poor food choices.

Why not try something different this year?

The following children would benefit from non-candy treats, and you will make their day!

- Kids with Allergies
- Kids with Type 1 & Type 2 Diabetes
- Kids who are Gluten-free
- Kids who are Overweight/Obese
- Kids who are Vegetarians/Vegans
- Kids who don't eat artificial colors, flavors, preservatives, high sugar or fat foods, genetically modified foods, or other types of processed foods
- And ALL kids can benefit by having less candy

This year, why not give a treat that all children can enjoy. Here are some easy and inexpensive ideas: pencils, erasers, pennies, nickels, or stickers. Use your imagination!

The New York Coalition for Healthy School Food (NYCHSF) is a statewide nonprofit that works to improve the health and well-being of New York's students by advocating for healthy plant-based foods, including local and organic where possible, farm to school programs and school gardens, the elimination of unhealthy competitive foods in all areas of the school (not just the cafeteria), comprehensive nutrition policy, and education to create food- and health-literate students. If you'd like to learn more about us or would like advice about how to create change in your school or school district, check out our website at www.healthyschoolfood.org.

To help us create change in schools, please donate at: www.healthyschoolfood.org/donate.htm. Please note that distributors of this handout should not ask you for donations on our behalf. If you wish to make a donation you can do so on our secure website.

Thank you and have a healthy and safe Halloween!!!