

# Tricks of the Treats



Stand in the Halloween mega-munchie aisle of your local supermarket, and you'll quickly learn that finding fun, yet healthy treats can be a task of monstrous proportions. To help parents avoid "goodie guilt," nutritionists with DairyMAX offer these new ways to carve out a healthier Halloween.

## Share your Sweets

No matter how hard you try, there's sure to be an overload of candy for most Trick or Treaters. Talk to your children in advance about sharing extra edibles. Identify a couple of "favorites" and separate those from the rest of the candy. Agree to give-away what's left by adding them to your next food pantry donation.

## A Little Goes a Long Way

Separate packages of round, candy-coated pieces (M & Ms or Reese Pieces, for instance) and use them in a trail mix made of whole-grain oat cereal Os, pretzels and raisins. Stash the rest of the candy to enjoy later.

## Not-so-Goulsh Goodies

A better bag of treats begins at home. Try offering healthier food and non-food alternatives when your doorbell rings:

- Flavored-milk sipper sticks
- String cheese and bagged pretzels
- Hot cocoa mix
- Microwave popcorn
- Trail mix
- Teddy-bear shaped, graham cookies
- Crispy rice treats
- Balloons
- Flavored, sugar-free bubble gum
- Crayons
- Sidewalk chalk
- Stickers
- Bubbles
- Glow-in-the-dark bracelets
- Squishy, plastic jiggle balls

## Creative Caramel Apples

Homemade goodies are no-no's for many neighborhoods, so give away the goods for little goblins to make them at home: small apples, craft sticks and caramels.



## Better Bones Brew

To break the chill of a typical Halloween night, serve a "bewitched" version of hot chocolate: hot chocolate made with chocolate milk powder, low-fat milk and green food coloring. Keep warm in a slow-cooker and top with marshmallow "ghosts" after the trick or treating is complete.