

HEALTHY HALLOWEEN HANDBOOK

simple strategies to make your Halloween healthier, while still keeping in all the fun!



by **Nina Manolson**, MA, Health Coach
Psychology of Eating Coach and Family Wellness Expert

I'm imagining you've picked up this Healthy Halloween Handbook because you care about what your kids eat...you want to raise healthy kids, with healthy eating habits.

I'm so glad that you feel that way, and I couldn't agree more!
Our kids are being brought up in a world where junk food is offered to them at every turn.

And even though Halloween is just one day, it's actually emblematic of the sugary and processed foods that are offered to our kids every single day.

*If we can show our kids that **eating healthy** doesn't have to **dampen the fun of Halloween** — or any day for that matter — we are giving them the **gift of long-term, healthy eating strategies.***

Bringing a healthy twist to Halloween teaches our kids

How to:

- Have fun without overindulging
- Respect their bodies
- Value healthy eating
- Navigate our junk food society

This Healthy Halloween Handbook will give you:

- Specific strategies to make your Halloween healthier
- Sweet treat recipes you can feel great about giving your kids
- Powerful facts about sugar and the words you want to be watching for in ever-day foods
- A list of natural sugars that you can feel good about giving your kids
- And a tip that's just for you!

I'm **Nina Manolson**, I'm a Health Coach, Psychology of Eating Coach and Family Wellness Expert.

I'm the recipient of the Integrative Nutrition Health Leadership Award, and the author of "[Feed Your Kids Well In A World That Doesn't](#)": an everyday guide to make healthy food happen in your home and beyond."



I couldn't be more thrilled to put this booklet into your hands and give you easy and fun strategies to give your Halloween a healthy upgrade. Talk to your kids about your new ideas, get their creative ideas. The more you involve your kids, the more they'll get on the healthy band-wagon with you.

7 TOP TIPS FOR UPGRADING HALLOWEEN

1. Give out non-food treats.

Instead of giving out candy, how about Halloween themed stickers, pencils or erasers?



2. Give out healthier candy

If you love giving out candy, look for candies that don't contain artificial dyes or high fructose corn syrup. Try brands like YummyEarth, Unreal Candy or Surf Sweets.

3. Feed your kids a healthy, protein-based meal before they head out trick or treating.

Pizza doesn't count, you want to give them an animal protein or legume based meal. The high protein meal will help their blood sugar levels stay more stable despite the candy. This makes for nicer kids!

4. Enjoy Candy Activities that don't involve eating the candy.

After trick or treating it's time to get serious about sorting, counting and trading. Invite friends over and it's a bit like trading baseball cards.

Teach your kids the difference between what I call "Food" and "Nonfood."

"Nonfood" is anything with high-fructose corn syrup or trans-fat, and anything that looks like plastic (you know...those rubbery candies shaped like hamburgers and ice cream cones). I have one of those that I've had for 7 years now — that I use for teaching my healthy family classes. I've jumped on it, kicked it around and it still looks exactly the same. If it hasn't bio-degraded in all that time, it doesn't belong in our body.

Then dump the "Nonfood" items in the trash, and save the "Food" (which ends up being mostly chocolate bars). The "Food" gets saved for the next day's fun...the Taste Test.

5 . Create your own candy taste test

Instead of your kids eating handfuls of candy, or letting them only choose a few — let them have a sliver of each kind. Make a taste test chart and rank your favorite candies. It slows down the process of eating and makes it a socially engaging experience for everyone.

6 . Invite the Candy Fairy or Candy Trader

Tell your kids to leave their candy under their pillow for the Candy Fairy. Overnight, the fairy takes the candy and leaves a gift. For older kids “Fair Trade” works well - meaning your child gives you candy and in return you give cash.



7. Create your own exit strategy for Halloween

Having candy hanging around the house often leads to greater sugar intake. Make a plan for disposing of it. Some dentists buy back candy, some folks donate their candy, some parents give their child a gift in return for their candy. Just make sure that you or your kids' bellies don't end up being the candy disposal system. If you know you are hooked on sugar and your sugar cravings are getting the best of you, get some support from a health coach.

I work with women who are fantastic at taking care of their families, but need some support and guidance when it comes to making their own healthy choices and taking care of themselves.

Have a great time with your kids during Halloween and take great care of yourselves at the same time! Keep reading for delicious sweet treats you can feel great about giving your kids!



THE MANY NAMES OF SUGAR

Sugar isn't simply a Halloween issue. Sugar is added to so many foods that we need to become vigilant label readers if we want to reduce the amount of sugar our family eats.

But, trying to sleuth out the sugar in food is trickier than we might expect because sugar has many names.

These sugars are the ones I recommend avoiding.

Sorbitol
Molasses
Cane Sugar
Raw Sugar
Turbinado Sugar
Cane Juice Crystals
Evaporated Cane Juice
Naturally milled organic sugar
High Fructose Corn Syrup
White Refined Sugar
Cane Juice Crystals
Powdered Sugar
Florida Crystals
Refiner's Syrup
Maltodextrine
Invert Sugar
Brown Sugar
Corn Syrup
Corn Sugar
Mannitol
Diastate
Sugar

These natural sugars are the ones I look for when making my own sweet treats or buying sweets.

Rice Syrup
Barley Malt
Maple Syrup
Honey
Dates
Stevia
Date Sugar
Coconut Nectar
Coconut Sugar

RECIPES AND FUN FOOD IDEAS

Caramel Apples

Ingredients

- 1 cup dates (pitted and un-soaked)
- 1/4 – 1/2 cup almond milk (or other nut milk of your choice) — start with less milk and add to get the blender moving smoothly and the consistency you want.
- 1 teaspoon coconut oil
- 1 teaspoon non-alcoholic vanilla extract
- 1 dash of cardamom (optional, but lovely)
- 1 dash sea salt

How to

- In a Vita-Mix or powerful blender, mix until totally creamy.
- Dip apple slices into caramel and enjoy.

Perfect for Halloween, or really...anytime.



Healthy Caramel Apples
Beware, these are super sweet, kids love 'em!

Banana Candy

Ingredients

- Ripe banana – sliced lengthwise
- Organic peanut butter or raw almond butter
- Raw Honey
- Cinnamon
- Cardamom
- Raw Cacao Nibs or grated dark, chocolate (optional)
- Raisins (optional)

How to

- Spread the nut butter on the banana
- Drizzle Honey
- Sprinkle cinnamon and cardamom
- Sprinkle raw cacao nibs or grated chocolate (optional)
- Wrap the whole thing in parchment paper or plastic wrap and freeze
- Remove from freezer, slice into thin rounds and serve



Definitely get the kids involved in making this. It's easy and fun. It will also make them a ten times more likely to eat it.

Watch me make it here
<http://www.smokinhotmom.com/2010/03/healthy-banana-candy>



More fun fruit treats!

Chocolate Mousse

Ingredients

- 2 Medium size ripe avocados (the ghoulish secret ingredient)
- 1/2 cup soaked and pitted dates — set them to soak anywhere from 10 minutes to overnight, until they are soft and will blend smooth
- 1 teaspoon vanilla extract (non-alcohol is tastier, then you don't have the alcohol flavor)
- Pinch of sea salt
- 1 teaspoon of orange zest (optional but so tasty)
- 3-5 tablespoons raw cacao powder (cocoa powder will work too)
- Water — enough so blender will run smoothly, about 1/4 cup or a little more (coconut water adds a wonderful flavor)

How to

- In a Vitamix or blender, blend well
- Put in small dishes and refrigerate



With a green ghoulish ingredient your kids will never guess!



From my family to yours....
enjoy your Halloween family time!

Love and Health,

Nina

Would you like more easy ways to make healthy happen in your family?

GET NINA'S BOOK

Get over **30 healthy and delicious recipes** and practical guidance so that you can Feed Your Kids Well In A World That Doesn't in Nina's practical book:
<http://www.smokinhotmom.com/feed-your-kids-well>

JOIN NINA'S PROGRAM

Get step by step help and support to make healthy happen in your family by joining **Nina's 5 week program.**

You can find all the details right here.
<http://healthyyummykids.com/blog/program>

Contact Nina at Nina@HealthyYummyKids.com