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5 Survival Tactics for the Sweet Halloween Season

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Kids simply love Halloween! Dressing up in costume, roaming around the neighborhood with friends, and collecting treats are all things kids long for every year.



5 Survival Tactics for the Sweet Halloween Season

1. Screen Treats

Most parents screen the sweet treats their kids collect for safety reasons. They often discard candies that are not wrapped properly, or home-made treats. Why not take this opportunity to teach kids about nutrition and screen treats for nutritional reasons as well?

2. Split or Donate Treats

Teach kids about sharing! Split their collections with all family members. This will effectively cut their sweet treat intake by at least half.

3. Save Treats for later

Kids don't need to finish all their collected treats in a week! Divide treats into several portions and put them in ziplock bags.

4. Trade Treats

Be realistic! Your kids will never trade their sweet treats for a bunch of green asparagus. So you need to be creative to get them to trade for something as appealing and tasty!

Welchs' Dried Fruit

Kids will love these single-serve packs containing fruit picked at its peak. While they'll love the taste, you'll love the fact that you are incorporating more fruit into their diet.



Dole Fruit Bowls

Packaged fruits are not inferior nutritionally. They are packed in their own juices, retaining most nutrients and fiber. Kids love these plastic bowls as they are easy to peel, and the fruit is bite-sized.



Ghirardelli 60% Cocoa Dark Chocolate Squares

We've all heard about the health benefits of chocolate. But not all chocolates are made equal. These squares are small enough that your kids won't overeat them in one sitting.



5. Take it easy

After all, kids have earned their license to eat sweet treats during Halloween! Remember, moderation is the key. As long as you make sure that your kids don't eat all their treats within days, just take it easy and enjoy the sweetest moments with family in this Halloween season.

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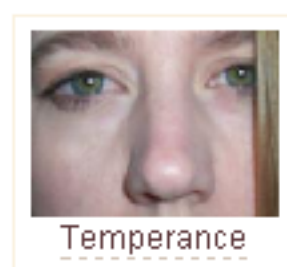
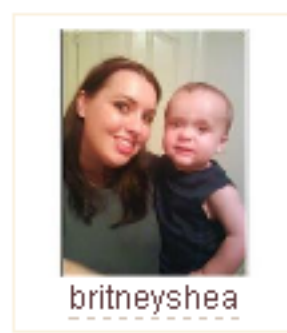
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