

# Halloween

the sugary kickoff to the holiday season

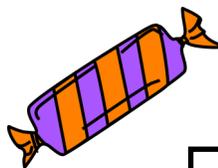
*Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan. — Tom Landry*

Candy is around all year, so don't get brainwashed into believing you have to have it because it's Halloween. Instead of mindlessly munching on candy you don't have a deep love for, wait and get your favorite treat another time. Have something to look forward to. Here are some tips for this candy-crazy time of year.



If you need to buy candy for trick-or-treaters, wait until the day before Halloween.

Only buy candy that you don't like.



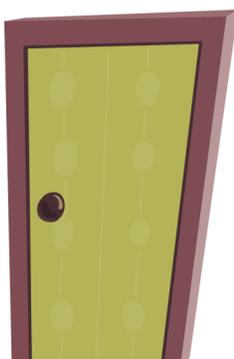
Try buying non-food items to hand out, such as crayons, glow-in-the-dark necklaces, bug rings, etc.



Instead of handing out the candy, leave it in a bowl with a sign saying "Please take 2 pieces each" and go out for the night. Make sure you put all the candy in the bowl!



Walk the neighborhood with your kids for exercise.



If you have older kids who won't hand over the extra candy, have them keep their stash in their room, where it won't be under your nose.

According to the University of Colorado, **the average candy haul is 22 pounds per child**. You and your kids don't need 22 pounds of candy. When you get home from trick-or-treating, save just a few pieces and throw away the rest or donate it (check out [www.halloweencandybuyback.com](http://www.halloweencandybuyback.com) or [www.operationshoebox.com](http://www.operationshoebox.com)). You could also drop off your extra candy at a local nursing home, doctor's office, or women's shelter. Don't feel guilty about getting rid of the candy! You're helping your kiddos stay healthy and cavity free in addition to keeping yourself healthy and on track.