

Healthy Tips for Halloween

This presentation provides a general overview of helpful tips on how to stay healthy during the Halloween season!

Information will include:

- Healthier treats to hand out at your door
- Nutrition information on all of your favorite Halloween candy
- A demonstration of fun, healthy Halloween snacks to make with your kids

By the end of this presentation you will:

- Increase your knowledge of healthy treats and toys for Halloween, as well as gain an understanding of the nutrition information in traditional Halloween candy
- Observe a demonstration on how to make fun, easy, healthy Halloween snacks in various settings with kids (at home, in a cooking class or at school.)
- Have access to recipes demonstrated during the presentation
- Have access to an information sheet with key points from the presentation