Health Tips: Hand Out Healthy Halloween Treats

By Ashley Johnson

Tirck-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

Health Tips: Halloween doesn’t have

to be unhealthy. What are some healthy snacks you can hand out for Halloween?

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's health and has some food advice on what treats you can have as an alternative to candy:

1. Fruit snacks: These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

Related Link: Fitness Tips: Staying Healthy During the Holidays

2. Raisins: The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

Related Link: Fitness Tips: 6 Ways To Avoid Putting On Extra Holiday Pounds

3. Apples: Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

4. Water: A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

What are some other healthy treats you love? Let us know in the comments below!