

## Managing the Halloween Candy Craze

It's Halloween season, and kids will soon be trick-or-treating again! The huge piles of candy your children collect can provide so much excitement and joy to the holiday. However, it can also be overwhelming for parents and children to navigate what to do with all of the loot! Read on to find out how can you help them manage their stash without ruining the fun.



Photo by [Karolina Grabowska](#) on [Pexels](#).

### Allow Them to Eat and Learn

According to [Ellyn Satter](#) (Dietitian and Family Therapist), the more you deprive your child of sweets, the more likely they are to overeat them. 'Policing' or restricting them of candy will not only ruin the fun of Halloween, but it will make them more interested or preoccupied with eating it. Allow your children to eat as much candy as they want on Halloween night and even the night after. Then, on the following nights, you can determine *when* and *where* they can have the candy, but they can determine *how much* they want or *whether* or not they want it. You can decide to offer the candy during meals, snacks, or packed in their school lunch. The excitement around candy will decrease as time goes by. Children will eventually lose interest and learn to be more relaxed about eating sweets.

### Balance out the Sugar

Offer other nutritious foods alongside the candy to help balance their meals and snacks. For example, provide milk with the candy to include more protein, fat, calcium, and vitamin D in their snack. This allows children to eat their sweets while ensuring they get essential nutrients that the candy does not provide. Teaching your children how to eat balanced meals daily will help them learn how to eat sweets in moderation. Learn more about how to balance your meals and snacks with the [Canada's Food Guide](#).

### The Facts on Sugar and Behavior

**Did you know?** Contrary to popular belief, studies show that sugar does not cause or worsen hyperactive behaviors. If your child experiences a rush of energy after eating candy, it may be linked more to the excitement around an event (such as Halloween), not because of the sugar alone. Regardless, sugar is best eaten in moderation with an overall balanced diet to promote healthy growth and development.

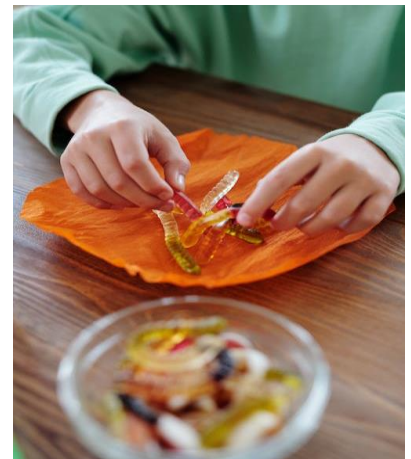


Photo by [Daisy Anderson](#) on [Pexels](#).

### Learn More about the Feeding Relationship

You decide *when*, *where*, and *what* your child eats. Your child chooses *how much* or *whether* or not they eat what you offer them. This division of responsibility is not limited to Halloween candy. A good feeding relationship is key to helping your child eat well and be healthy year-round. Learn more about how to teach your child healthy eating habits [here](#).

## Remember That Halloween is About More Than the Candy!

There are many things to enjoy during Halloween that don't involve candy. Put on Halloween-themed movies, play games, and show off your costumes! When you focus too much on sweets, your child will too. Focus more on all the activities that surround the Halloween season.



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### Helpful resources:

- MyHealthAlberta Healthy Eating for Children: <https://bit.ly/3DebXfY>
- Health Canada Information on Halloween Food Safety: <https://bit.ly/3DeclI0>
- Healthy Eating Starts Here Facts on Sugar: <https://bit.ly/3qnWAd8>
- Alberta Health Services Recipes: [ahs.ca/Recipes](https://ahs.ca/Recipes)



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### **Interested in speaking to a dietitian?**

→ Call Healthlink at 811 and ask to speak to a dietitian



→ Or make an appointment with a Registered Dietitian.  
[ahs.ca/nutrition](https://ahs.ca/nutrition).

### Nutrition sessions available:

- To register for an online infant feeding classes with a dietitian go to: [szonenutrition.eventbrite.com](https://szonenutrition.eventbrite.com)
- To register for in person Baby Steps post-natal series (1 session focuses on nutrition) go to: <https://app.booking.ca/southzoneppnspub/>
- To view a recording of the Feeding Babies or Mealtimes Struggles (Picky Eating) sessions go to [bit.ly/3ABKbbo](https://bit.ly/3ABKbbo)
- **To register for free online Prenatal Nutrition classes** visit [bit.ly/onlinenutritionclasses](https://bit.ly/onlinenutritionclasses), scroll down to 'Healthy Eating for Pregnancy'

### **Contact**

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Lethbridge	403-388-6666
Brooks	403-501-3300

**For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](https://www.healthyeatingstartshere.ca)**

