



FROM THE BLOG

6 NOT SO SCARY TIPS FOR A SPOOKTACULAR HALLOWEEN

1) SKIP THE PLASTIC

Yes, the jack-o-lantern and Frankenstein plastic candy buckets are adorable, but let's be real, these will probably only get used one time. Opt for a good ole pillowcase or recyclable grocery bag for trick-or-treating. After all, it's what's inside that counts.



2) DIY THE COSTUMES

Once your kids decide what they want to be for Halloween, take stock of what you already have in your closets. You can even turn Halloween costumes into a fun craft for the kids using things they find throughout the house.



3) Multi-PURPOSE PUMPKINS

Pumpkins are packed with Vitamins A, C, potassium and fiber. Try using your pumpkin in these recipes (add link to pumpkin recipe roundup). You can also try roasting your pumpkin seeds or adding your pumpkin "guts" to your at-home compost.



4) Think HEALTHY-FIRST

Before your kids head out the door in their homemade costumes, offer them a filling, protein-packed meal.

This way they'll be fueled for an evening of trick-or-treating and less likely to over-indulge in the junk on a full stomach.



5) EARN THE CANDY!

If going to a big neighborhood with friends is more your style, turn the group outing into a game. Tell the kids they can go to every fourth or fifth house or put a time limit on each street. This way they're not gathering quite as many sweets while also getting exercise if covering the whole neighborhood is the end goal.



6) limit the TREATS

Some fun ways to assess the situation are to have the kids dump out their goodies and categorize them by brand, type or color. Then you can get a good visual of all the candy, pick out what needs to be thrown away (or that you might want for yourself... wink wink), and decide how many pieces they can enjoy each night.



SEE? NOT SO SCARY AFTER ALL! HAPPY HALLOWEEN!