

Healthy Treats:

Alternatives To Candy and Sweets

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Overview

- As Halloween takes place, we give children who go trick or treating candy.
- For people seeking alternatives to candy, we can make suggestions for alternatives. It doesn't necessarily have to be food. It can be a small toy, puzzle, a word game, jokes, and etc.
- As needs of children vary from very young children to pre-teens, non-food treats would need to fit in with their stage of development.
- In this presentation, we are going to discuss treats by age group, starting with very young children, school age children, and upper elementary age group.

Very Young Children

Food

- Small tangerines
- Small group of grapes (seedless)
- Mini-muffins (can be made from almond flour)
- Cut-up apples (in a ziplock bag)

Non-Food

- Large crayons
- Play dough (wrapped in a Ziploc bag)
- Large sidewalk chalks

School Age Children

Food

- Small tangerines
- Small group of grapes (seedless)
- Mini-muffins (can be made from almond flour)
- Cut-up apples (in a zip lock bag)
- Mini-sandwiches made with nut butter and jam (in a zip lock bag)

Non-Food

- Coloring pencils (with a mini-pad)
- Paper puzzles (Sudoku, maps, number connecting creating picture)
- Mini-game booklet
- Small balls
- Pictures to color

Older School Age Children

Food

- Small tangerines
- Small group of grapes (seedless)
- Mini-muffins (can be made from almond flour)
- Cut-up apples (in a zip lock bag)
- Mini-sandwiches made with nut butter and jam (in a zip lock bag)

Non-Food

- Stories
- Pencils with a mini-pad
- Marbles
- Balls
- Games – Mini-booklet
- Joke booklet

Addendum

- Other Alternatives
- Recipe for Play Dough
- Sources for Stories
- Group Games

Other Alternatives

- Instead of going door to door trick or treating, how about arranging a group party.
- With group events, focus more on foods like those served at a meal, reducing focus on sugar laden treats.
- With older children, change the focus to serving others. Pick an activity that results in serving others.
- One great characteristic of Halloween are the stories. They can act out ghost stories.
- One activity is to arrange a group to go out to the park, have a bon fire going, roast marshmallows, do some singing, and tell stories.

Recipe for Play Dough

- Young children like to play with dough and they can create a number of items and figures using play dough. Play dough can be made from flour. Below is a recipe:
 - **Mix all the ingredients in a saucepan and stir over medium heat for 3-5 minutes, until the mixture congeals.**
 - 2 tbs cooking oil.
 - 4 tbs McKenzie's **Cream of Tartar**.
 - 2 cups plain flour.
 - 1 cup salt.
 - Food colouring.
 - 2 cups water.
 - [Playdough - McKenzie's Foods](https://www.mckenziefoods.com.au/recipe/playdough/)
 - <https://www.mckenziefoods.com.au/recipe/playdough/>

Sources for Stories

- Grimm's Complete Fairy Tales with illustrations by Arthur Rackham. Publisher: Barnes and Noble.
- Hans Christian Andersen's Complete Fairy Tales (Leather-bound Classics) Publisher: Baker and Taylor
- Note: Check with local libraries for additional books relating to Halloween and ghost stories. For younger children, select stories relating to pumpkins and friendly ghosts. For older children, they tend to like scarier and ghost stories.

Group Games

- Charades
 - Musical Chairs
 - Scavenger Hunt
 - Treasure Hunt
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- Source: **Life is a Game: Group Games for Kids, Teens, and Adults** by the Breier Family (November 16, 2013)
 - Note: Check with Amazon for more titles or the local public library.