



HR Healthy Hub

Healthy Trick to Reduce Halloween Treat Temptaion

Halloween is just around the corner—which means candy temptation is just around the corner, too. If you plan to give out candy to trick-or-treaters or at a Trunk or Treat event, buying candy early often gets you the best pick, and buying in bulk frequently provides the best financial value. But buying candy early and in large amounts can present significant challenges to staying on track with healthy eating. Try these tips to help you and your family avoid overindulging on Halloween candy.

Pre-Halloween tips

- Put the candy in a closet or in the back of a kitchen cabinet. Keeping the candy out of your line of sight can help you forget it's there.
- Don't always buy your favorites. For example, if you need five bags of candy for the trick-or-treaters, buy four bags that aren't your favorites and one bag of candies you like. You've just cut your temptation by 80%!
- Buy some giveaways that aren't candy, like stickers, plastic spider rings, or bouncy balls. Plus, these items are great to have on hand if a trick-or-treater with food allergies rings your doorbell!
- Think of why you enjoy the candy and replicate
 - the sensation with something healthier. If you like the taste of chocolate, buy a box of low-sugar hot cocoa packets to enjoy during cooler fall nights. If you like fruity candies, reach for nature's candy—fresh fruit!

Post-Halloween tips

If you have a lot of candy left over from your neighborhood's trick-or-treating, these strategies can help you minimize the sugar and the temptation.

- Give yourself a treat! Moderation is key—it's okay to have the occasional treat while generally eating healthy otherwise. Reserve a reasonable amount of candy as your personal stash. Use it as a reward for completing a challenging household task or work project.
- Make your own trail mix. Add a little candy to your own trail mix recipe. Balance it out with more nutritious ingredients like nuts, raisins or dried fruit, or pretzels, cereal, or granola made with whole grains.
- Donate it. Many organizations will gladly take leftover candy. Consider donating to local charities or food pantries, children's hospitals, or organizations that send care packages to our troops. *Source: HealthAdvocate*

October Events

Friday October 3, 6-9pm

Anderson Auto and Powersports Group sponsors The Night Market.

Location: The KAWS

Friday-Saturday October 3 & 4, All Day

Anderson Auto and Powersports Group sponsors Kingman Route 66 Oktoberfest.

Location: Metcalfe Park

Saturday October 4, 8am-1pm

Anderson Toyota sponsors the 9th Annual 4 to 4 Ever Children's Fishing Derby.

Location: Lake Havasu State Park Windsor 4

Saturday October 4, 7:30-10am

Anderson Auto and Powersports Group sponsors Annual Breast Cancer Awareness Walk.

Location: London Bridge Stage

Saturday October 4, All Day

Anderson Auto Group sponsors KFFA Golf Tournament.

Location: Cerbat Cliffs

Saturday October 11, All Day

Anderson Powersports Group sponsors IJSBA Poker Run & Freestyle Show.

Location: Bridgewater Channel

Saturday October 11, 8:30am-4pm

Anderson Powersports Reno sponsors Tricks & Tees Golf Tournament.

Location: Fallon Golf Course

Saturday October 11, All Day

Anderson Ford Bullhead sponsors CASA Council Charity Golf Tournament.

Location: El Rio Golf Club

Friday October 17, 5:30-8pm

Anderson Auto Group sponsors CASA Trunk or Treat

Location: Kingman DCS Parking Lot

Saturday October 18, 6-11am

Anderson Auto and Powersports Group sponsors Lizard Peak Race.

Location: SARA Park

Thursday October 23, 4:30-7pm

Anderson Toyota sponsors Taste of Havasu.

Location: SARA Park Rodeo Grounds

Thursday October 23, 5:30-7pm

Anderson Honda hosts Kingman Chamber of Commerce Mixer.

Location: Anderson Honda

Friday October 24, 6-9pm

Anderson Ford Bullhead sponsors Cornfest.

Location: Estuary Park

Friday October 24, 6-9pm

Anderson Auto and Powesports Group sponsors Concerts in the Park.

Location: London Bridge Beach

Saturday October 25, 10am-12pm

Anderson Auto and Powersports Group sponsors the London Bridge days Parade.

Location: Downtown McCulloch

Saturday October 25, 10am-12pm

Anderson Auto and Powersports Group sponsors Fall Fun Fair.

Location: Rotary Park

Sunday October 26, 10am-12pm

Anderson Auto and Powersports Group sponsors Lake Havasu Witches Paddle.

Location: Bridgewater Channel

Sunday October 26, 10am-12pm

Anderson Auto and Powersports Group sponsors Boo Bash.

Location: Lake Havasu Golf Club

Thursday October 30, All Day

Anderson Powersports sponsors Hole in One for Heidi Edwards Cooking for Cancer Golf Tournament.

Location: Lake Havasu Golf Club

Thursday October 30, 5-8pm

Anderson Auto and Powersports Group sponsors It's Taco Time Somewhere.

Location: Lake Havasu Golf Club

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in October with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Todd Seitz	20	Anderson Auto Group
Kenny Stutler	19	CDJR
Paul Koryta	15	CDJR
Adrian Alvarado	12	Toyota