



## **Foods to Make Halloween Not So Scary (for Parents & Kids at Heart!)**

So, although Halloween is one of my favorite holidays for the sheer brilliance of getting lots of yummy candy, it is not something I can indulge in anymore in the traditional way, as my body doesn't tolerate sugar & caffeine like it used to! Too much of a good thing I guess :) However, it doesn't mean we can't still have fun giving out healthier goodies to adorable trick-or-treaters or that we can't recover from a serious case of chocolate & sugar-induced mania!

Here are some ideas for some yummy kid-friendly foods (I have seen some kids respond quite favorably to these too!) - hope it helps! For some of the items, if they are kids / families that you know (since families are understandably cautious about their kids' candy not being pre-packaged!), you can make up little packets with aluminum foil or use small ziploc baggies for the items mentioned below; otherwise look for prepackaged at store.

### **Healthier Halloween Goody Ideas**

- mini snack packs of organic baby carrots, tortilla chips, cookies
- organic granola bars (Nature's Path or Cascadian Farms have some good ones)
- organic fruit cups, squeeze packs, fruit leathers/rollups, applesauce, pudding
- organic bananas, tangerines/clementines - inexpensive & come with their own wrapper :)
- raw organic sunflower seeds (not nuts, so don't have to worry about allergy issues)
- larger dried organic fruits (apricots, dates, figs - can wrap individually or a few in pack)
- little boxes of organic raisins
- small bottles/boxes of spring water, organic juices/sodas

So, what to do if you or your kid has already overdosed on Halloween candy, you know that familiar blood sugar spike, followed by the crash, headache, and dull feeling?! These items will help counteract the chocolate and sugar rollercoaster ride so you can wake up feeling better!

### **Foods to Help Counteract a Halloween Candy Overdose :)**

- organic cinnamon spice naturally lowers blood sugar - use it liberally (1/2 teaspoon at least to get the effects) on oatmeal, rice, chopped apples, make into tea with hot water or soy/almond/oat/rice milk



- organic ginger or turmeric root (raw is better if can find it, usually in produce section) - mix into stir fry at the end (so it stays raw), eat it plain, make into tea - very powerful spice
- organic black beans, pinto beans, kidney beans - help lower blood sugar rapidly. Add sea salt & olive oil at end of cooking, spinach also if you like
- Cilantro, parsley, &/or celery (leaves also) - chop any or all of these and make into a salad (or eat plain), with organic carrots, raw organic nuts/seeds like sunflower, sesame, pumpkin or hazelnuts, cashews, walnuts, lemon juice, oil & sea salt
- lots of spring / filtered water (add sea salt &/or org lemon + rind if you like)
- organic fresh or dried coconut or coconut milk (unsweetened), cooked rice & sea salt
- organic cauliflower - eat raw or mix into hot cooked brown rice, will slightly steam it, add organic lemon + rind, olive oil, sea salt
- any kind of raw organic nuts/seeds
- lots of organic whole grain pasta, brown rice, quinoa, barley or other whole cooked grains (the less processed the better!) eat with organic olive/sesame/coconut oil, sea salt & spinach / tomatoes
- cherry tomatoes, baby carrots, purple cabbage (cut like chips & eat with bean dip / nuts)
- green grapes, kiwi fruits, avocados, broccoli, romaine lettuce, spinach - anything green!

Hope this helps you have a more fun and healthy Halloween! I am also very much a fan of enjoying some yummy goodies; my favorite treat is organic bananas, cashews, coconut (optional), sesame/coconut oil, cinnamon & sea salt - is like an ice cream sundae to me :) I call it Organic Banana Therapy (see separate article on this in eLibrary if interested!).

Enjoy, be safe, and let me know of any other ideas, questions, feedback, etc.!

Best,

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Go Veggie Girl, LLC