

## October Health Tips

### *Halloween Treats*

Children depend on adults for safety.  
Each Child's body is a place where God lives.  
Treats can help or harm a Child's body.

Treats that will harm a Child's body are:

- **Candy and sugar foods**
  - Refined sugar=empty calories, no nutrients
- **Chips with most vegetable oils**
  - Refined oils are empty calories
- **Caffeine drinks**
  - False energy
- **Sodas**
  - Empty calories, no nutrients

Safe treats that will help a Child grow are:

- **Fresh fruit**
- **Scratch-made whole-grain cookies, low in sugar**
- **Pencils & small note pads**
- **Small toys, like bouncy balls**
- **Stickers**
- **Let your imagination go wild!**

What treats will you serve this year?????

(Prepared by F. Atkins PhD, RN, CNS)

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