



Dear Counselling Corner:

I know that Halloween is SUCH an exciting time. I love it too! What we don't enjoy is all the sugar and candy that comes with it. Some is fine in our opinion, but the amount of candy our kids got last year was insane and this year their goal is to get even MORE! HELP! I am also thinking of replacing some of the candy that my child will likely have and want to eat as we get closer to Halloween with *healthier choices which are appealing*. Any suggestions? Thanks!

Health Aware Parents

Dear parents

Good for you for focusing on a more nutritious and mindful Halloween. Candy is a super fun treat to have, but the sheer volume of the candy which our students often accumulate at Halloween can be staggering. I found some websites which may be of interest to you:

Health impacts of candy on kids:

<https://www.newschannel5.com/news/how-eating-too-much-halloween-candy-can-impact-your-health>

Strategies to reduce the amount of candy kids eat:

<https://kidshealth.org/en/parents/candy-hints.html#:~:text=Be%20a%20role%20model%20by,they%20feel%20full%20or%20sick>

Healthy Halloween snack ideas

[33 Healthy Halloween Treats and Snacks for Kids and Adults - Just Simply Mom](https://thishealthytable.com/blog/healthy-halloween-recipes/)
<https://thishealthytable.com/blog/healthy-halloween-recipes/>

Allergy Friendly Halloween ideas:

<https://healthyfamilyliving.com/allergen-free-halloween/>

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

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