



There's so much more to Halloween than candy!

Children with diabetes should participate in Halloween just like anyone else.

It just takes a little creativity to help your child enjoy this special time and still keep their diabetes on track.

Create rituals to celebrate Halloween everyone can enjoy! Involve your child in figuring out creative alternatives to candy. Children are more likely to follow a plan if they help create it.

- pumpkin carving,
- decorating your house; your yard,
- designing homemade costumes
- Look for local activities such as haunted hayrides
- Host a Halloween party for your child and their friends where you can supply healthy food choices.

Treats don't have to be sweets - lead by example by giving out treats such as stickers, small toys, play-dough, glow sticks, etc.

Consider using **the Switch Witch's** help, to turn your child's pile of candy into a toy. On Halloween night at bedtime, kids leave their trick-or-treat sweets (or part of them) with the Switch Witch, and in the morning they find the candy magically switched for a special gift! www.switchwitches.com



Halloween Candy Buy-Back Program

Kids turn their candy in to a participating dentists' office and get a goody bag or other prize in return.

Operation Gratitude will then use the candy in holiday care packages for overseas troops.

www.HalloweenCandybuyback.com

OR parents can buy it back. Offer to "buy" your child's candy back. Then use the money for a treat – a game, book, trip to the zoo, a movie...

Eat only the best. Let your child enjoy a few pieces of their favorite candy in the days following Halloween. Use this opportunity to teach how to cover their carbohydrates with insulin and how to eat in moderation.

Store some of the rest - Search through your child's loot and find candy that can be used to treat future lows (like smarties or skittles). Divide them up into servings of 15g carbohydrates.

Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g
3 Musketeers	2.13 oz bar	46g
Baby Ruth	2 oz. bar	37g
Baby Ruth	1 fun size	17g
Blow Pop sucker	One sucker	13g
Butterfinger	2 oz. bar	41g
Butterfinger	22 gram-fun sized bar	15g
Candy corn	15 pieces	15g
Dum Dum suckers	One sucker	5g
Gummy Bears	11 pieces	30g
Heath Bar	1.4 oz. bar	25g
Hershey's Almond	3 minis	15g
Hershey's Almond	1.45oz. bar	20g
Hershey's Kisses	6 pieces	16g
Hershey's Milk Chocolate bar	snack size	10g
Jolly Rancher	1 piece	6g
Kit Kat bar	3 piece bar	10g
KitKat	1.5 oz. package	26g
Licorice	3 6-inch Twizzlers	15g
M&M's	"Halloween" mini box	10g
M&M's, plain	mini pack	15g
M&M's, plain	1.69 oz bag	34g
M&M's, peanut	mini pack	13g
M&M's, peanut	1.74 oz bag	30g
M&M's, peanut butter	1.69 oz bag	27g
Milky Way	2.15 oz bar	43g
Milky Way	fun-sized bar	14g
Nestle's Cruch	1.5 oz	28g
Nestle's Crunch	4 mini bars	26g
Reese's Cups	2 regular-sized 1 oz cups	18g
Reese's mini cups	4 1-oz mini cups	16g
Skittles	15 pieces	15g
Skittles	mini pack	17.5g
Snicker's	fun size	12g
Snickers	2.07 oz. bar	36g
Snickers	20-gram fun-sized bar	12g
Starburst	4 pieces	16g
Sweet Tarts	mini packs - 5 packs	13g
Tootsie Pop	1 pop	16g
Tootsie Roll midgets	12	30g
Tootsie Rolls	2 bars	23g
Twix	2 2-oz. cookies	37g
Warheads	5	13g
Whoopers	8 Pieces	15g

