



Family Fun Activity:

# *Halloween Candy Label Challenge*

This Halloween, have your child(ren) examine candy by reading labels, discussing sugar content, and brainstorming healthier snack options.

1. Collect a variety of Halloween candies and lay them out for examination.
2. Have kids read the ingredients list on each candy wrapper, noting any unfamiliar ingredients.
3. Take the time to research unfamiliar ingredients to determine if they're healthy.
4. Discuss which candies have the highest sugar levels and brainstorm healthier alternatives (e.g., dried fruit, nuts, or dark chocolate).
5. Decide together which candies to keep, if any, based on what you've learned.
6. Think about disposing of any excess candy or donating it to a local charity.
7. Encourage kids to share what they learned about the candies.
  - \* Bonus points for starting a discussion about the impact of sugar on health and considering a new tradition next year instead of trick-or-treating.

## **Alternative Ways to Celebrate Halloween**

- Visit a local pumpkin patch or explore a corn maze.
- Enjoy a fun Halloween movie night (indoors or outdoors).
- Invite friends and family for a pumpkin carving contest.
- Organize a costume party with friends or the community.
- Transform your kitchen into a Halloween-themed bakery and spend the day baking delicious treats.



