

♥ Health Minute

Have a heart healthy Halloween...

Sweet temptations abound as trick- or- treaters line up at your door. Instead of the traditional sugary treats, why not encourage all the ghouls and boys with healthy alternatives. This way, you can help the next generation learn about heart health and keep yourself in shape if you are tempted to sneak a treat from the bowl by the door.

Insert picture here (Dr. Ruggieri requests a witch on a broomstick eating an apple)

<u>Heart Healthy Treats</u>	<u>Healthy Hints</u>
<ul style="list-style-type: none">♥ Sugarless gum♥ Peanuts, trail mix, pretzels, popcorn♥ Roasted pumpkin seeds♥ Sugar- free instant hot cocoa mix♥ Goldfish crackers♥ Granola bars♥ Fun stickers, pens, or pencils	<ul style="list-style-type: none">♥ Hand out pre- packaged individually wrapped treats♥ Don't send your goblins out on an empty stomach – feed them a light meal or snack to minimize munching♥ Ration your kids' treats – help them learn to snack in moderation.