



Health Yourself Byte

HALLOWEEN TRIVIA . . .



- ☺ Orange and black are Halloween colors because orange is associated with the fall harvest and black is associated with darkness and death.
- ☺ Samhainophobia is an intense fear of Halloween.
- ☺ A pumpkin is a berry in the cucurbitaceae family which also included melons, cucumbers, squash and gourds. All of these plants are native to the Americas.
- ☺ Tootsie Rolls were the first wrapped penny candy in America
- ☺ Halloween is the 2nd most commercially successful holiday, with Christmas being the first
- ☺ Halloween candy sales average about 2 billion dollars annually in the U.S.
- ☺ Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1. It's the 2nd best selling Halloween candy next to candy corn. The Snicker snack size bars contain 72 calories and 4 grams of fat. There are approximately 4 calories in a candy corn!

90% of parents admit to dipping into their children's Halloween candy stash! Rather than having you and your children gobble down all those goodies . . .

1. Know how much candy your child has collected and store it somewhere other than the child's room.
2. Consider buying back some of the candy. This acknowledges that the candy belongs to the child and provides a treat in the form of a little spending money.
3. Be a role model and eat Halloween candy in moderation yourself. Buy your candy at the last minute and get rid of any leftovers . . .

Healthy No Calorie Halloween Treats and Halloween Treasures

1. Plastic Insects, Ghosts, Animals or Skeletons - There are many different options from the creepy crawly insects and spiders to ghosts or skeletons.
2. Stickers - Pick from Halloween or other themes.
3. Plastic Teeth/Fangs - These fake vampire teeth are usually good for several hours of spooky fun.
4. Pens or Pencils - Pick from Halloween or other themes.
5. Hair barrettes, ribbons or hair rubber bands for girls, Hot Wheels or Matchbox cars for boys.
6. Halloween Jewelry, Bracelet or Rings - There are many glow in the dark bracelets available.
7. Temporary Tattoos - Pick from Halloween or other themes.

Buy a variety of items and let the kids pick!

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



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Center of Plano