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A Harvest Halloween

By Rondi Hillstrom Davis and Janell Sewall Oakes

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Fun & Healthy Halloween Treats

By Sherri Allen

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* Small bags of pretzels or chips

* Mini-bags of microwave popcorn

* Fruit-Roll Ups

* Fruit juice snacks

A Harvest Halloween

- * Small packages of nuts or sunflower seeds
- * Individually wrapped beef jerky or Slim Jims
- * Snack–size graham crackers, animal crackers or Goldfish crackers

You could even consider non–food items. Here are a few:

- * Stickers — kids love stickers
- * Halloween (or other cool, colorful) pencils
- * Plastic whistles
- * Spider rings
- * Brightly–colored toothbrushes or flavored dental floss

Be creative and help the children in your neighborhood have a healthier Halloween!

www.sherriallen.com

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