

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY



## ALL DRESSED UP

- Only use fire-retardant materials for costumes.
- If the weather is cool, make sure children wear warm clothes underneath their costumes.
- Avoid tripping hazards by choosing costumes that are not too long.
- If children are allowed out after dark, outfits should be made with light colored materials. Use strips of reflective tape to make children visible.

## COSTUME ACCESSORIES AND FACE PAINT

- Masks can obstruct a child's vision. Use facial make-up instead.
- When buying special Halloween make-up, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Remember to follow the manufacturer's instruction for application.
- If masks are worn, they should have nose and mouth openings and large eye holes.
- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.
- Carrying flashlights will help children see better and be seen more clearly.



## TRICK-OR-TREAT TIPS

- A parent or responsible adult should always accompany young children while they trick-or-treat.
- If older children are going alone, plan and review an acceptable route with them.
- Do not enter homes or apartments without adult supervision.
- Walk – do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.
- Walk on sidewalks, not in the street.



## HEALTHY HALLOWEEN

- A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to ration treats for the days following Halloween.



## SAFETY ON THE STREETS

Both children and adults need to think about safety on this annual day of make believe.  
Remember to trick-or-treat in groups.

## Ghoulish Guacamole Goblin Recipe

Prep Time: 15 minutes

<p><b>Ingredients</b></p>	<ul style="list-style-type: none"> <li>-- Bagels, breads, or whole wheat crackers</li> <li>-- Prepackaged guacamole (Wholly Guacamole)</li> <li>-- Meats and cheeses of your choice</li> </ul>
<p><b>Additional Goblin Toppings</b></p>	<ul style="list-style-type: none"> <li>- baby carrots (grated or whole)</li> <li>- cherry tomatoes</li> <li>- sliced black olives</li> <li>- sliced bell peppers (red, green, yellow)</li> <li>- cucumber rounds</li> <li>- minced chives</li> <li>- poppy or sunflower seeds</li> <li>- alfalfa sprouts</li> <li>- sliced mushrooms</li> <li>- black bean dip</li> <li>- low-fat sour cream</li> </ul>
<p><b>Directions</b></p> <ol style="list-style-type: none"> <li>1. Lay cheese and meat on cut bread or crackers.</li> <li>2. Spread guacamole to cover surface. Hint: Use extra guacamole for monster hair.</li> <li>3. Set out bowls of toppings and watch the transformation into monster faces. Try olive eyes and a carrot nose, alfalfa sprout hair, pepper lips and sunflower seed teeth.</li> </ol>	

### RESOURCES

[www.aap.org](http://www.aap.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.nsc.org](http://www.nsc.org)

For more information:  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)