



Dear Counselling Corner:

We are in the process of organizing a Halloween Party, but with healthier treats and snacks. We also have some kids in our community with allergies. I am also thinking of replacing some of the candy that my child will likely have and want to eat as we get closer to Halloween with *healthier choices*. Any suggestions? Thanks!

Health Nutty Mom and Dad

Dear Mom and Dad

Good for you for focusing on a more nutritious and mindful Halloween. Candy is a super fun treat to have, but the sheer volume of the candy which our students often accumulate at Halloween can be staggering. I found some websites which may be of interest to you:

Health impacts of candy on kids:

<https://www.newschannel5.com/news/how-eating-too-much-halloween-candy-can-impact-your-health>

Strategies to reduce the amount of candy kids eat:

<https://kidshealth.org/en/parents/candy-hints.html#:~:text=Be%20a%20role%20model%20by,they%20feel%20full%20or%20sick>

Healthy Halloween snack ideas

<https://thishealthytable.com/blog/healthy-halloween-recipes/>

Allergy Friendly Halloween ideas:

<https://healthyfamilyliving.com/allergen-free-halloween/>

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

Harriette Chang

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Food Security Team Leader