

Halloween 2020  
Helpful tips for our Type 1 Diabetes Families

**Big Reminder for Halloween/Daylight Savings 2020: Don't forget to update the time settings on your diabetes devices (meters, pumps, smart pens!)**

**There's so much more to Halloween than candy!**

Children with diabetes should participate in Halloween just like anyone else. It just takes a little creativity to help your child enjoy this special time and still keep their diabetes on track. **Remember to participate in Halloween activities safely with social distancing, mask use and good hand hygiene!**

**Create rituals to celebrate Halloween everyone can enjoy!** Involve your child in figuring out creative alternatives to candy. Children are more likely to follow a plan if they help create it.

- pumpkin carving
- decorating your house; your yard
- designing homemade costumes
- Look for socially distanced local activities, such as drive through pumpkin patches

**Treats don't have to be sweets - lead by example** by giving out treats such as stickers, small toys, play-dough, glow sticks, etc.

Consider using **the Switch Witch's** help, to turn your child's pile of candy into a toy. On Halloween night at bedtime, kids leave their trick-or-treat sweets (or part of them) with the Switch Witch, and in the morning they find the candy magically switched for a special gift!  
[www.switchwitches.com](http://www.switchwitches.com)

### **Halloween Candy Buy-Back Program**

Kids turn their candy in to a participating dentist's office and get a goody bag or other prize in return.

Operation Gratitude will then use the candy in holiday care packages for overseas troops.  
[www.HalloweenCandybuyback.com](http://www.HalloweenCandybuyback.com)

**OR parents can buy it back.** Offer to "buy" your child's candy back. Then use the money for a treat – a game, book, trip to the zoo, a movie...

**Eat only the best.** Let your child enjoy a few pieces of their favorite candy in the days following Halloween. Use this opportunity to teach how to cover their carbohydrates with insulin and how to eat in moderation.

**Store some of the rest** - Search through your child's loot and find candy that can be used to treat future lows (like smarties or skittles). Divide them up into servings of 15g carbohydrates.

Carb counts in common Halloween treats:

Candy	Calories	Fat (g)	Carbs (g)
Snickers, fun size	80	4	10.5
Snickers, mini	43	1.6	4.4
3 Musketeers, fun size	63	2	11
3 Musketeers, mini	24	0.7	5
Skittles Original, fun size mini	60	0.5	14
Butterfinger, fun size	100	4	15
Butterfinger, mini	45	2	7.25
Candy Corn, 1 oz.	100	0	25.6
Milky Way, fun size	80	3	12
Milky Way, mini	38	1.6	6
Almond Joy, snack size	80	4.5	10
Almond Joy, mini	67	3.6	8
Hershey's Kiss, 3 pieces	67	4	8.3
Kit Kat, snack size	70	3.6	9
Kit Kat, mini	18	2	5.6
Reese's Peanut Butter Pumpkin	170	10	18
Twix, fun size	80	4	10
Twix, mini	50	2.6	6.6
Peanut M&M's, fun size	90	5	10.5
M&M's, fun size	73	3.3	10.6
York Peppermint Patty	140	2.5	31
York Peppermint Patty, mini	50	1	11
Tootsie Roll	23	0	4.6
Charms Blow Po	60	0	17
Jolly Rancher	23	0	5.6
Smarties roll	25	0	6