



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.

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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 and/or your yard
- Designing homemade costumes
- Look for local activities such as haunted hayrides

TREATS DON'T HAVE TO BE SWEETS- LEAD BY EXAMPLE

Give out alternatives to candy such as stickers, small toys, play-dough, glow sticks, etc

OTHER ALTERNATIVE IDEAS FOR YOUR CANDY

The Switch Witch: 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

Candy buyback: Offer to buy back some of the sweets, then use the money for a treat – a game, book, trip to the zoo, a movie. Also, check your local dentist as they often have buy-back programs.
www.HalloweenCandybuyback.com

Give back to others: Consider donating to local shelters, food pantries, and/or military groups that do care packages for the troops (Operation Gratitude)

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.

Save 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.

KNOW YOUR CARB COUNTS!

Here are some common candies, but be sure to look up what you don't know!

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



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