



Healthy Halloween Treats

Lexington-Fayette County Health Department

Halloween is a fun time for kids of all ages. There is nothing wrong with sweet treats every now and then, but it's good to offer healthy options also, to balance it out. Given a choice, you'd be surprised at how many kids will reach for the toy in your trick-or-treat bowl instead of the candy!

Look for items that are interesting, unusual and fun. For example, toothbrushes may be practical, but you probably won't get a positive response when you're passing them out! Below is a list of items sure to please Trick-or-Treaters. Try them and see:

- 🎃 Wax lips
- 🎃 Wax fangs
- 🎃 Eyeball gumballs
- 🎃 Stickers
- 🎃 Small card game decks
- 🎃 Hackey sacks
- 🎃 Punch balls
- 🎃 Tiny bubble bottles
- 🎃 Party whistles
- 🎃 Bouncing balls
- 🎃 Party favors
- 🎃 Colorful plastic drinking straws
- 🎃 Tiny pinball games
- 🎃 Silly cardboard glasses
- 🎃 Silly ears
- 🎃 Hand stamps
- 🎃 Small stencils
- 🎃 Small Play-Doh
- 🎃 Kazoo
- 🎃 Flying discs
- 🎃 Glow bracelets
- 🎃 Inspirational rubber bracelets
- 🎃 Colorful pencils
- 🎃 Mini yo-yo's
- 🎃 Paddleball
- 🎃 Tiny plastic spiders
- 🎃 Temporary tattoos
- 🎃 Stickers
- 🎃 Pencils
- 🎃 Fancy erasers
- 🎃 Pencil toppers
- 🎃 Crayons
- 🎃 Coins (pennies, nickels, dimes)
- 🎃 Small novelty toys
- 🎃 Superballs
- 🎃 "Slime"
- 🎃 Miniature magnifying glasses
- 🎃 Plastic jewelry/decoder rings
- 🎃 Necklaces
- 🎃 Glow-sticks
- 🎃 Origami paper & instructions



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