



# Safe Fall Holiday Fun!

Halloween and Harvest Day are festive times for both children and adults. Who doesn't love dressing up in his or her favorite costume, gathering together at celebrations and enjoying the holiday treats! What a great opportunity to provide healthy snacks, play games that support physical exercise, and remind children of safety guidelines.

## Check out the following tips that ensure safe fall holiday fun!

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Have friends over for fun Halloween games that promote exercise and physical activity, like holiday tag.

Ensure safety by trick-or-treating in groups that include adults.

Always wear reflective gear with any costumes so as to be seen by vehicles.

Light up driveways and sidewalks so trick-or-treaters can see the pathway.

Together, you should watch for strangers and report suspicious activity.

Have trusted adults look over candy in trick-or-treat bags for choking hazards or tampering.

Yummy treats can be a part of a healthy meal plan by limiting those items to a few pieces at a time.

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Healthy non-food treats can include pencils, pennies or puzzles.

Always choose costumes that are flame retardant.

Look both ways before crossing streets.

Learn holiday games that support at least 30-60 minutes of exercise.

Only accept treats from neighbors and friends you know.

Why not try fruits and vegetables for holiday treats and snacks?

Encourage walking from house to house for extra daily steps

Enjoy the warm holiday weather by walking in groups.

Never trick-or-treat in unfamiliar areas without adult supervision.

