

Oct. 27, 2015

TIPS FOR A HEALTHY AND SAFE HALLOWEEN

Practice Safe and Healthy Behaviors during Halloween



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Tallahassee, Fla.—When it comes to keeping healthy habits, Halloween can be a scary time of year. To make this holiday a little less spooky, the Florida Department of Health’s Healthiest Weight Florida program is offering a “Halloween the Healthy Way” guide for children and families.

“Halloween and fall festivals are a great time to remind your children to make healthy choices while having fun,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Let’s encourage everyone to make safety a priority when visiting with family and neighbors.”

According to the National Retail Federation, the average American consumes 3.4 pounds of candy during Halloween, with many children consuming more than 7,000 calories. In order to burn off these calories, children would need to trick-or-treat for about 60 hours!

Healthiest Weight Florida’s guide includes these simple suggestions:

- Ensure children have eaten a healthy snack or meal before trick-or-treating to avoid the temptation of snacking on candy;

- Children should always be accompanied by an adult;
- Trick-or-treaters should always choose neighborhoods and homes of people familiar to them;
- Adults and children should have flashlights and reflective devices for nighttime trick-or-treating;
- Have an adult inspect all treats before eating; and
- Don't overconsume Halloween treats.

To learn more about how to have a safe and healthy Halloween this year, see the [Halloween the Healthy Way](#) guide.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.