TAKE A HIKE?

It's fine to enjoy a little late-October holiday fun. Halloween can inspire a lot of anticipation and excitement before the big day and a lot of family fun, outside activity, and neighborly togetherness on October 31. And let's not forget the candy – no doubt lots of kids (and adults!) are probably feeling a sweet treat binge coming on late this month. Indeed, Americans purchase 300,000 TONS of Halloween candy each year (including 20 million pounds of candy corn, still one of the top-selling candies of the season!) OK. But keep in mind that for every 2 little "fun size" candy bars you eat, you need to hike 30 minutes to work off the calories. So take it easy on the big day – or be prepared take a hike!

the big number

6

Each Halloween, Americans buy enough candy to equal the weight of the Titanic SIX TIMES OVER!

EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "TAKE A HIKE"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

POPCORN

Expecting trick-or-treaters? Consider handing out pre-packaged bags of popcorn, or another healthy whole-grain snack. Kids will still love you, but they'll have that much less sugar in their pillowcase!

PLAY HARDER

Play harder? After all that candy, you won't really have much of a choice! For every 3 mini-packs of candy you eat, you'll have to dance for half an hour to burn off the calories. Not the social type? Ok, then jump rope for 20 minutes!

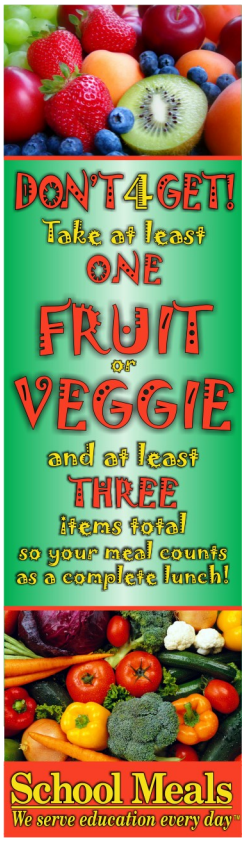
LEARN EASIER

Over-indulging in sugar can turn a kid or a teen into a zombie in school. Sugar negatively impacts attention span, concentration, and short-term memory. Plus, sugary foods tend to crowd out healthier foods that actually improve brain function and learning. Limiting kids' intake of sugar is one key way to help assure they reach their true academic potential.

LIVE HEALTHIER

On average, Americans consume more than 75 grams of added sugar a day, two to three times the recommended maximum (25g per day for women, 39g for men). Now, keep in mind that the one-night haul for a trick-or-treater typically adds up to between 1,500 - 5,000 grams of sugar in various forms. No need to eat it all!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For example, the majority of the grains we serve are "whole grain rich" -- at least 50% whole grains.



This newsletter is provided as a wellness resource by our school system's School Meals Program