

Livingston County Department of Public Health

# WIC NEWS

## Women, Infants, and Children Supplemental Food Program

### Tips for a Healthy Halloween!

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This year, consider mixing up the candy bowl with some of these items that kids will enjoy and you can feel good about serving. All of these items are available in easy to distribute snack-size packages, too.

- Whole-grain cheddar flavored crackers
- Fruit snacks made with 100% fruit with added vitamin C
- Fruit leathers made with 100% fruit
- Sugar-free gum
- Animal-shaped graham crackers made without trans fat
- Mini rice cereal treat bars
- Cereal bars made with real fruit
- Individual fruit cups
- Mini 100% fruit

- juice boxes
- Low-fat pudding cups
- Baked, unsalted bags of pretzels

When in doubt, non-food handouts, such as Halloween pencils, pens, stickers, tattoos and spider rings, are another option for your trick-or-treaters. And if you just can't resist handing out candy, opt for bite-sized candy bars. As with any treat, candy can be a part of children's healthful eating plans — in moderation.

Halloween is a great time to reiterate the importance of moderation to your child. When kids get home from trick-or-treating, have them sort their candy into piles of "favorites" and "not so favorites" and

let your children choose a few favorites to enjoy right then. Explain that you're going to spread the candy out over a period of time and discuss beforehand when and how much candy your child will enjoy in a day. This agreed upon "treat schedule" will make the day after Halloween easier for everyone.

Don't forget what a workout trick-or-treating can be. Your kids can burn quite a few calories walking (sometimes in heavy costumes) and climbing up and down stairs!

Consider donating extra candy to a local shelter or sending in a care package to those serving overseas.



## Halloween Safety Tips

Ensure that this Halloween is one to remember! If your children will be trick-or-treating on Halloween, make safety the first priority.

- All children should be supervised by an adult.
- Take children out while it is still light out.
- Take young children to only a few familiar houses.
- Use a flashlight, even at dusk.
- Dress children in light colored costumes with reflective tape.
- Make sure the costume fits, to avoid tripping.
- Make sure the costume is flame retardant.
- Apply face makeup instead of a mask for better visibility.
- Teach children to wait at corners and look both ways before crossing streets.
- Talk to children about never entering a stranger's home.
- Check treats before letting children eat them.
- Write your phone number on your child's arm and cover it with liquid bandage so it stays put in case you get separated. Teach your child to use it to call you for help.

## Monster Fruit Dip & Mouthy Apples

### Ingredients

- 8 oz. container Cool Whip
- Small package pistachio instant pudding mix
- 8 oz. cream cheese, softened
- Package edible eyes
- Fruit - bananas, apples, raspberries, etc., cut up
- Red apples
- Mini marshmallows
- Creamy peanut butter

### Instructions: Monster Fruit Dip

1. Soften cream cheese.
2. Fold in Cool Whip and pistachio pudding mix.
3. Chill.
4. Add edible eyes for decoration.

### Instructions: Mouthy Apples

1. Slice each apple into thin wedges.
2. Spread a little peanut butter on one side of each wedge.
3. Place marshmallows in between 2 slices with the peels facing out for lips.



## It's Flu Season: Is Your Family Protected?

Influenza, or 'flu,' is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Everyone six months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza, including children younger than five

years and pregnant women.

The Livingston County Department of Public Health immunization clinic is a walk-in clinic and is open on Wednesdays from 8:30 a.m. until 4:30 p.m. There will be no extended hours during November.