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# Halloween Healthy Habits

## Handwashing

Trick or treating can be a high-touch activity, so it is important to wash your hands with soap and water for at least 20 seconds before and after your Halloween activities. Remember to also have children wash their hands before they start eating their Halloween candy!<sup>1</sup>

## Keep Moving

Halloween is a great opportunity to participate in activities that keep your child moving! Whether walking around the neighborhood, participating in a Halloween parade at school, or visiting a spooky corn field, encouraging your child to be active is always recommended, especially when it can be achieved in a creative and fun manner!<sup>2</sup>



## Stay Home if Sick

Similar to precautions being taken at school, if your child is exhibiting any cold symptoms, it is recommended to stay home from all Halloween activities, even those that are taking place outdoors.<sup>3</sup>

## Eat More than Candy

We know kids are thrilled about all of the candy that will be in their buckets this Halloween, but we encourage you to foster a balanced diet with your entire family. Fruits

and vegetables provide essential minerals and vitamins that are vital to everyday life and can help balance out the sweets that come with the season.

*Content courtesy of NAESP Partner Lysol.*