



Healthy Ideas for a Spooky Halloween

Halloween often means indulging in sugary treats but the festivities don't have to revolve around sweets! If you're expecting some visitors to your door this Halloween, try some of the SCPN's healthy alternative Trick or Treat ideas.



1. HALLOWEEN GOODY BAG

Filled with puzzles, bouncy balls, bubbles, stickers, crayons etc.



4. AN APPLE FOR DOOKIN

A Halloween tradition with a healthy snack as the reward.



2. CINNAMON APPLE 'CRISPS'

Crunchy, naturally sweet treats made at home.



5. SCARY ACCESSORIES

Hand out vampire teeth and toy spiders as a 'trick'.



3. SCARY TANGERINE FACES

Paint your own spooky designs on the peel.



6. GLOW IN THE DARK SLIME

Make your own and experiment with different food colouring.

