

Healthy Halloween Swaps

For the Trick-or-Treaters

Satisfy the neighborhood spooks with these easy sweets.

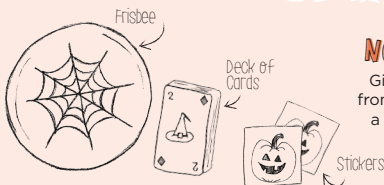


Mini Raisin or Pretzel Boxes

Sweet and savory—and free from refined sugars.

Natural Honey Sticks

Good for those with allergies, these all-natural honey sticks make a slam-dunk indulgence.



Non-Food Fun

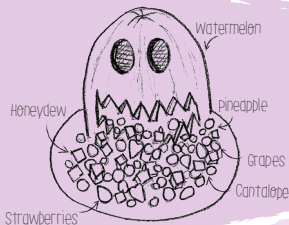
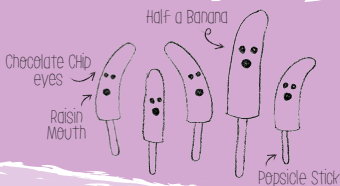
Give the kids a break from all that candy with a toy, small game, or holiday-themed stickers.

Hosting Healthy Halloween Parties

Scare your guests with the décor, not the ingredients list.

Banana Ghosts

Potassium has never looked so adorably spooky.

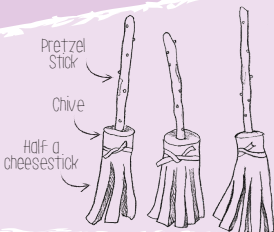


Themed Fruit Platter

Guests will think twice before dipping a hand into this scary saucer.

Pretzel Broomsticks

Easy, crunchy—and a ton of fun.



Spook-tacular October Snacks

Keep health top-of-mind the whole month of October with these simple, sweet treats.

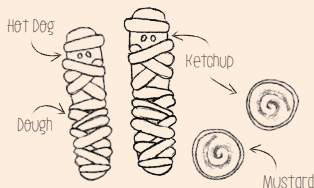
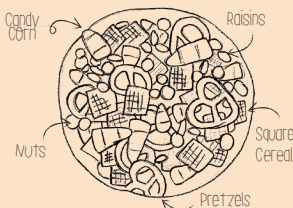


Jack-o'-Lantern Oranges

Fun: check. Juicy: check. Healthy: double-check.

Candy Corn Trail Mix

Give your fam a taste of the holiday without overdoing it.



Mummy Dogs

Like pigs-in-a-blanket, but scarier.