

Breakroom Buzz



S WORDS, knives, and similar costume accessories should be short, soft, and flexible.



A VOID trick-or-treating alone. Walk in groups or with a trusted adult.



E ASTEN reflective tape to costumes and bags to help drivers see you.



E XAMINE all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.



H OLD a flashlight while trick-or-treating to help you see and be seen. Always WALK and don't run from house to house.



A LWAYS test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.



L OOK both ways before crossing the street. Use established crosswalks wherever possible.



L OWER your risk for serious eye injury by not wearing decorative contact lenses.



O NLY walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.



W EAR well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.



E AT only factory-wrapped treats. Avoid eating homemade treats made by strangers.



E NTER homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.



N EVER walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Tips for Managing Halloween Treats

Eat a nutrient rich meal before trick or treating to reduce the temptation to munch while out.

Remember moderation. Try combining a candy bar or caramel with a healthy option such as an apple, strawberries, or grapes.

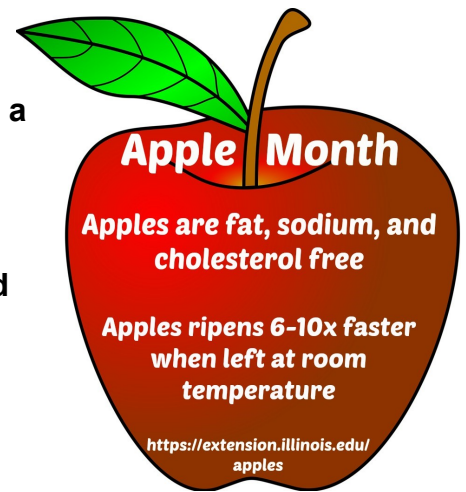
Limit sweets by storing them in a high cupboard and keeping healthier options easily accessible.

Do not eat treats until inspected at home. Throw away any open treats, or things that look like they've been tampered with.

-Information provided by Lisa Peterson –Nutrition & Wellness Extension Educator

Celebrating October! Mark Your Calendars

- 3rd– Soft Taco Day
- 10th– Walk to School Day
- 26th–Pumpkin Day
- 28th– Chocolate Day
- 29th– Oatmeal Day



I Didn't Know That!

October is National Pumpkin Month

90-95% of the processed pumpkins in the United States are grown in Illinois



Pumpkins are 90% water

Pumpkins are fruit

1 cup of pumpkin has close to 200% of the recommended daily value of vitamin A

Substitute pumpkin for oil at a 1:1 ratio or 1/4 cup pumpkin for each egg

Find more information at UIE: Pumpkins and More,
<https://extension.illinois.edu/pumpkins/>



SOURCE: Centers for Disease Control & Prevention - www.cdc.gov/family/halloween