

# Fresh ink

**HOT OFF THE PRESS!**

Featuring Salba Smart on *Mama Manifesto*  
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## Healthier Halloween Treats

Wanting to pass out something reasonably healthy for Halloween this year? We have a few ideas:

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**Knudsen Organic Sensible Sippers** - juice boxes might be an unconventional thing to pass out, but we think these small juice boxes are a perfect Halloween treat. They are certified USDA Organic and are 50% organic juice and 50% water, reducing the amount of sugar in each serving without compromising taste.

**Newman's Own Organic Raisin Boxes** - raisins are the classic dried fruit snack, and Newman's version are organic and the perfect size for little hands.

**Snack-Sized Pirate's Booty** - we love that Pirate's Booty is available in smaller bags now! Pirate's Booty is all-natural, made with puffed rice, corn, and aged cheddar cheese. No sugar, and no trans fats!

**Kopali Organic Dried Fruit** - these organic dried fruit bags have no sugar, oil, or sulfites. Made of 100% real fruits, which are fully ripened, picked by hand and dried right on site at the farm. Flavors include dried mango, pineapple, mulberries, goldenberries, and a "Superfood Mix".



**Funky Monkey** - this is the perfect fruit snack that kids and moms will love. Their fruit snacks are made with 100% organic fruit, and no sugar. They use a freeze-dried dehydration technique that makes the fruit sweet and crunchy.



**Salba Smart's Organic Tortilla Chips** - treats don't have to be sweets. Salba's 100 calorie tortilla chips pack are packed full of whole salba grain - the superfood that provides three times more iron than spinach, 15 times more magnesium than broccoli, and six times more calcium than whole milk.

How about a puzzle for a totally sugar-free Halloween treat? Hasbro has a "Halloween Bag of Mini Puzzles" that kids would love, featuring 50 piece puzzles of pets dressed up in halloween costumes.

(other big hits - stickers, tattoos, pencils, pennies...)



And now, how do we manage all of the sugary treats our kids come home with on Halloween? I am planning to let my kids each choose 5 treats to have for the next 5 days. I am also going to sneak out any potty-training friendly treats to use in my upcoming potty-training adventures (m&m's & skittles work well for me). I know that our dentist also does a "Candy Buy-Back" deal with kids...She pays a dollar per pound of candy. I would also consider bartering with my kids -- they could trade in their candy for a toy or fun outing.

**What ideas do you have for rationing or reducing the acquired candy?**

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