



Institute for Applied Biomedicine

Dear Parents, Community Members, and Concerned Others,

As Halloween approaches, the expectation of dressing up in costume and getting pillowcases full of candy is exciting our kids. However, some kids in our area are “haunted” by Halloween in a different sense: These young people have been diagnosed with diabetes, or for other reasons are avoiding sugar — which makes an evening of Trick-or-Treating a “ghoulish” prospect.

Many of them feel like they can’t go Trick-or-Treating, or can only go to a few pre-arranged homes. We are asking area families to offer a non-sugary alternative so *everyone* can feel included in this community tradition. Local students helped create this list of ideas:

<i>temporary tattoos</i>	<i>small novelty toys</i>	<i>glow-sticks</i>
<i>stickers</i>	<i>false teeth</i>	<i>sugar-free candy</i>
<i>pencils</i>	<i>superballs</i>	<i>tiny decks of cards</i>
<i>fancy erasers</i>	<i>“slime”</i>	<i>plastic medals</i>
<i>pencil toppers</i>	<i>miniature magnifying glasses</i>	<i>fake money</i>
<i>crayons</i>	<i>plastic jewelry/“decoder rings”</i>	<i>origami paper & instructions</i>
<i>coins (pennies, nickels, dimes)</i>	<i>necklaces</i>	<i>bubbles</i>

Non-sugary treats can be small and inexpensive, and they are things that all kids would enjoy as an alternative to, or in addition to, Halloween candy. (We suggest planning at least one non-sugar treat for every ten to twenty Trick-or-Treaters.)

To let Trick-or-Treaters know that you offer no-sugar treats, put this flier in a window or in some other prominent location so that it can be viewed from the street. (More copies of this poster can be printed from Institute for Applied Biomedicine’s website at <http://www.appliedbiomed.org/>.)

▶▶ **If you want your Trick-or-Treater to receive non-sugar treats *for any reason*, please remember to ask at these homes!**

All of our kids (and their parents!) will be very grateful for your thoughtfulness. Thank you for your help in making Halloween a more inclusive (and perhaps healthier) holiday!

Ask your own kids:

- ▶▶ *Did you know that eating too much candy is not good for our bodies and that it can make it hard for us to stay healthy?*
- ▶▶ *What would be fun to get for Halloween, if candy was not offered?*
- ▶▶ *Do you know any friends who might have diabetes? What do you think they might like, since too much candy could make them sick?*

Giving research the power to save lives