

Halloween Safety Tips

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Autumn brings Halloween and Harvest Day, where children and adults alike can dress up in costumes, go trick-or-treating, attend parties, and eat tasty treats. There are plenty of opportunities to provide nutritious snacks, physical activities, and safety while having fun. If you are planning on trick-or-treating, remember the following safety tips from the Centers for Disease Control:

- Make sure your vision is not blocked by your mask. Wear comfortable shoes that fit well to avoid tripping or falling.
- Any costume accessories, such as swords, should be soft, short, and flexible.
- Walk in groups or with a trusted adult. Never go trick-or-treating alone.
- Hold a flashlight while trick-or-treating; attach reflective tape on costumes and bags so drivers can see you better.
- Always look both ways before crossing the street; use crosswalks and sidewalks whenever possible.
- Only visit houses with porch lights on.
- Never walk close to candle-lit luminaries, to avoid a fire hazard. Wear flame-retardant costumes.
- Do not enter homes, unless you do so with a trusted adult.
- Before eating any treats, a parent should examine all of them to look for choking hazards and any signs of tampering. Do not eat homemade treats from people

you don't know well. Use portion control and only eat a small amount of candy and save a few pieces for a special treat after dinner instead of having dessert.

You can freeze some of your candy to eat later.

If you will be entertaining trick-or-treaters or hosting a Halloween party, the following guidelines will be helpful:

- Present healthier treats such as individual packages of raisins, pretzels, or trail mix or non-food items such as pencils, small toys, or stickers.
- For partygoers, offer fruit, vegetables, low fat cheeses, and apple cider.
- Include games at your party to keep guests moving, such as, dancing, relays, or a Halloween parade.

For more information, call Monica Bonsett at the Extension office at 352-527-5713.

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