



No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. An American kid can easily accumulate **5,000 - 10,000 calories worth of candy** in that bag and eat the equivalent of **3 entire cups of sugar!** Of course, if it were only one night a year, we could look the other way, but, on average, **kids eat 100 pounds of sugar annually** (that's more than a lot of kids weigh!) and **get 10-15% of their calories just from soda and fruit juice**, not to mention cereal, pastries, and all the many other sources of added sugar all around us. So for those who feel they **MUST** collect candy, **pick out a couple of favorite pieces and then toss or donate the rest.**

the big number

**4**

October 31 is just one day of 365, or .27% of the entire year, but 4% of all candy consumption occurs on that day.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"TRICK"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### BANANA

Some sweet treats have nutritional value, too. Peel a few bananas and put them on popsicle sticks. Freeze and drizzle with a little dark chocolate.

Yum!



## LIVE HEALTHIER

Kids are at their cutest this time of year, but they can also be at their most vulnerable: they're more than twice as likely to be hit by a car on October 31 than on any other day of the year. Adults can help in two ways. First, supervise your own kids closely and make sure they are carrying flashlights and wearing reflective tape or stickers. Second, watch out for other kids -- drive with extreme caution on the big day, especially from 5:30 p.m. to 9:30 p.m.



## LEARN EASIER

Schools report that when kids have school on the day after October 31, absences and tardiness soar, visits to the health room for stomach aches increase, and concentration and productivity suffer as well. Yet another connection between eating well and doing well in school!



## PLAY HARDER

Need another reason to go easy on the sweet stuff? A 100-pound kid would have to play 14.5 hours of full court basketball to burn off a 7,000 calorie candy binge. We're in favor of playing harder, but that's a little ridiculous!



First things First

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!

**DON'T GET!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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