

## Chef Solus List of Sugar-free Halloween Treats

You want to give your children some candy free alternatives for Halloween. Don't get stumped! Chef Solus has lots of low sugar and sugar free ideas for you to give to trick or treaters. Enjoy a healthy Halloween without all the sugar. (or at least a reasonable amount!)

Here is Chef Solus' top low sugar and candy free trick or treat ideas for Halloween.

### Sugarless Foods Halloween Treat:

- Snack size package of popcorn
- Individually wrapped organic Tea for kids
- Juice boxes
- Apple sauce snack packs
- Fruit leather
- Snack bars
- Bare Fruit trial size packs
- Boxes of raisins
- 100% honey sticks -do not give to children under 2 years old
- Raw or roasted nuts (check with parents regarding allergies)
- Fruit roll ups
- Trial size packs of dried veggie chips
- Granola/breakfast bars
- Trial/snack sized bags of crackers
- Individually wrapped pumpkin seed treats
- Sugar free gum (Xylitol sweetened gum)
- Sugar-free candy



### Halloween Novelty Toys - Alternative Treat Ideas:

- Eyeball or colored bouncy balls or superballs
- Toy puzzle
- Rubber spiders
- Glow in the dark insects
- Slinky
- Slime
- Pumpkin yo-yos
- Glow in the Dark Sticky Hands
- Glow Ball
- Pumpkin or plain noise drums
- Jumping mini plastic spiders
- Glow Extending Hands
- Twisty Flying Spinners
- Mini plastic orange and black Magic Tops



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- Glow-sticks
- Miniature magnifying glasses
- Fake money
- Halloween poppers

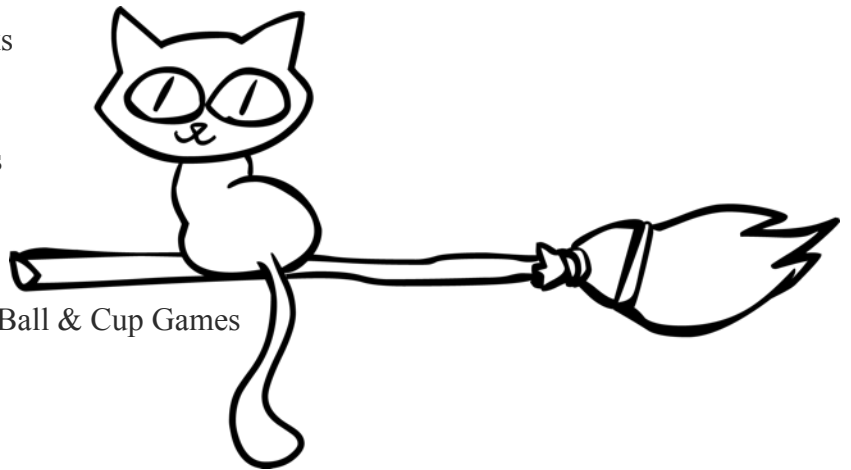
### Fun Arts and Crafts Items for Trick or Treaters:

- Stickers
- Individual packets of crayons
- Individual packets of chalk
- Small jar of play-do
- Origami paper & instructions
- Halloween magic pads
- Halloween stamps
- Halloween mini coloring books



### Games and Activity Ideas:

- Jump rope
- Jacks
- Plastic squirt gun
- Halloween character or plain paddle ball
- Tiny decks of cards
- Bubbles
- Halloween hand clappers
- Halloween fun and game books
- Halloween slide puzzles
- Halloween mini pinball
- Black and orange plastic flutes
- Halloween Mini Clackers
- Halloween Tic Tac Toe
- Halloween mini stencils
- Mini plastic orange and black Ball & Cup Games



### Costume Fun:

- Slimy necklaces
- Temporary tattoos
- Vampire teeth
- False teeth
- Plastic halloween bracelets
- Green glo bracelets
- Decoder rings



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## Chef Solus List of Sugar-free **Halloween** Treats

- Glow in the dark necklaces
- Halloween themed key chains
- Spider finger puppets

### **School related:**

- Halloween bookmarks
- Halloween pencils
- Fancy erasers
- Pencil toppers
- Mini notebooks
- Coins (pennies, nickels, dimes)

**Have your kids color in their Halloween friends for some added fun!**



These are just suggestions. Please use your best judgement.

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