



live well, work well

Presented by Veritas Risk Services

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Have a Healthy Halloween

Nutrition can be easily overlooked during a holiday best known for its abundance of candy and sugary treats. That is shame, since about 1 in 5 school-aged children are obese, according to the CDC. This Halloween, consider being the one house on the block that offers healthy trick-or-treat alternatives.

Here are some store-bought snacks that can double as trick-or-treat offerings:

- Dried fruit
- Sugar-free gum
- Pretzels
- Juice boxes
- Snack crackers
- Apples
- Fruit bars
- Cheese sticks