



Healthy Alternatives to Halloween Treats!

Lisa Kothari Shares Her Ghoulishly Secret sWitch-Ups for Halloween Candy

Los Angeles, CA (August 2007) -- Halloween is all about the tricks and treats, and kids love getting those sweet treats!! But with the obesity epidemic affecting our nations' children, healthy alternatives to candy are out there, and will please kids' palates just as much as candy, without leaving you the wicked witch of the block.

Lisa Kothari, author of the newly released book, "**Dear Peppers and Pollywogs...What Parents Want to Know About Planning Their Kids' Parties,**" and founder of the children's party-planning website, www.PeppersPollywogs.com, shares her favorite kid-friendly, healthy and fun snacks for trick-or-treaters this year:

First, a good alternative to treats are these spooky tricks:

- Plastic Spiders or Flashing Rings
- Green Slime
- Mad Scientist "Google Glasses"
- Glow-Sticks
- Glow-in-the-Dark Decals/Tattoos
- Mini Face Painting Kits
- Fake Teeth
- Tube of Fake Blood
- Halloween Erasers
- Glow Necklaces
- Halloween Pens or Pencils
- Flashing Pins
- Beelzebub Horned Headbands
- Little novelty items, such as small pumpkins, mini skulls, Halloween confetti, etc. (all can be purchased rather cheaply at your drug store or Halloween outlets).

It's also fun to take the aforementioned items and put them in a grab bag for kids to reach in and pull out on their own. Make the grab bag fun: a witch's cauldron, a black grim reaper bag, or a shoe-box decorated with construction paper and Halloween decals. It makes the experience interactive and fun for both the parents and kids!

For those who live in neighborhoods where a homemade treat doesn't cause a commotion, take any of the following foods, fill a small cellophane bag and tie a black or orange ribbon around it. Then, print or write spooky labels on the bag with the following ghoulish alternatives:

- Baked Skeleton Bones (Pretzel Sticks)
- Bat Brains (Popcorn or Pirates Booty)
- Cheesy Owl Eyes (Baked Puffed Cheese Balls)
- Chocolate-Dipped Houseflies (Chocolate-Covered Raisins)
- Compressed Cobwebs (Chex Brand or Similar Cereal)
- Dried Bat Wings (Blue Corn Chips)

- Dehydrated Dragon's Wings (Baked Doritos)
- Dirty Shoelaces (Black Shoestring Licorice)
- Dried Seaweed (Veggie Chips)
- Earthworm Knots (Miniature Pretzel Twists)
- Ghost Guts (Mini Marshmallows)
- Goblin's Belly Button Lint Balls (Popcorn)
- Plops of Pigeon Poop (Yogurt Covered Raisins)
- Rat Claws (Shelled Sunflower Seeds)
- Roasted Eyes (Unsalted nuts)
- Shredded Lizard Gizzards (Coconut)
- Splintered Turkey Bones (Shoestrings Potato Chips)
- Toasted Cat's Eyes (Blanched Almonds)
- Vulture Toenails (Candy Corn)
- Witches' Warts (Chocolate Chips)

Or you can take your favorite combination from above, like chocolate chips, coconut, popcorn and unsalted nuts, and make up a trail mix of innards and gizzards!

But most of all, Lisa suggests keeping Halloween fun and safe: Check all your children's treats carefully, and she says there is nothing wrong with rationing out that Halloween candy over weeks (or even months) or donating it to a local charity.

These tips and more can be found at www.PeppersPollywogs.com or in Lisa Kothari's book **"Dear Peppers and Pollywogs...What Parents Want to Know About Planning Their Kids' Parties,"** available for \$9.95 at www.Amazon.com and www.PeppersPollywogs.com.

Lisa is available for interview for all of your party planning subjects. **To set up an interview or find out more about Lisa Kothari, contact Kelly Anderson (Kelly@cloverpr.com) at Clover PR or call 818-484-8664.**

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