

# HOW TO TREAT RIGHT AT HALLOWEEN

## 1 Make A Plan



**82 PERCENT** of people say they will find safe and creative ways to celebrate the Halloween season.

## 2 Understand Candy Portions



Portion out **TWO OR THREE PIECES** of candy in small bags, each representing **100 CALORIES** or less.

## 3 Eat Before You Treat



If **TRICK-OR-TREATING** is right for your family, have a **BALANCED DINNER** together **BEFORE** going out.

## EMBRACING BALANCE



Most people in the U.S. enjoy chocolate and candy **2-3 TIMES PER WEEK**, averaging about **40 CALORIES** per day and about **ONE TEASPOON** of added sugar per day.



## ALWAYS A TREAT

America's chocolate and candy companies are committed to helping consumers manage their sugar intake. We are empowering consumers to make informed choices and helping them satisfy their emotional well-being needs...one treat at a time.

 @CandyUSA

 National Confectioners Association

 @CandyUSA

Get more tips at [AlwaysATreat.com/HalloweenCentral](https://www.alwaysatreat.com/HalloweenCentral)