

The Positive Place For Kids



BOYS & GIRLS CLUBS
OF EL CAMINO REAL

HALLOWEEN TIPS & FREE COSTUMES

FOR IMMEDIATE RELEASE

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BOYS & GIRLS CLUBS OF EL CAMINO REAL PROVIDES HEALTHY HALLOWEEN TIPS & FREE COSTUMES

Natchitoches, October 20, 2009 – Halloween will soon be here, and little princesses, ghosts and goblins across the parish are eagerly preparing for the annual trick or treating tradition. Boys & Girls Clubs of El Camino Real will continue their tradition of giving free Halloween costumes to registered Club members and their younger siblings. Costumes have been distributed to each Club and are available on a first come first serve basis. Special thanks to Wal-Mart of Natchitoches for donating Halloween goodies!

It's easy to overindulge on candy and other sweets during Halloween, but Boys & Girls Clubs "Triple Play" program provides tips for parents and kids to enjoy Halloween goodies and still maintain sensible eating habits. One key piece of advice is to balance increased calorie consumption with extra physical activities.

"Halloween is a great time of year to think about good health and nutrition," says Jeremy Deming, CPO. "It's easy to forget good eating habits during the holidays. We want to remind kids that they should try to make healthy choices all year long, although it is OK to enjoy special treats in moderation."

Holly McPeak, nutrition advisor for the U.S. Department of Health and Human Services, advises: "First, parents should set the example, by buying healthier treats to give out, including raisins, granola bars or trail mix. Portion-control packages are also available, including 100 calorie- packs of graham crackers and pretzels or individually-sized wrapped packets of microwave popcorn."

Top Halloween Tips for Kids

1. **Increase Physical Activity** - If you know you're going to be consuming more calories than usual, you need to increase your physical activity to make up for it. One hour of physical activity several days a week is recommended for young people.
2. **Share the Wealth** - Reduce the amount of candy that ends up at home after trick or treating is over. Share the extra candy with friends or family members. You might also donate extra candy to a shelter for children or other non-profit organization.
3. **Reduce Portions** - Eat a few small pieces and save the rest for later in the week or freeze some candy for later. That way you extend the treat into the days ahead.
4. **Eat Only Your Favorites** - Limit the number of candy bars or treats to your Halloween favorite treats.

Top Halloween Tips for Parents

1. **Balance Energy Intake** - On Halloween Night, be sure and balance your children's energy intake. Feed them a healthful meal before they go trick or treating.
2. **Check the Treats** - Check all treats for freshness and to be sure each item is properly wrapped. Don't let your kids eat any homemade goodies unless you know the person who supplied it and discard any open or partially unwrapped candy.

3. Healthy Alternatives - Think about what you offer costumed children who come to your door. Individually-sized wrapped packets of microwave popcorn, dried fruit or nuts are alternatives to candy bars.
4. Physical Activity - Make sure your children engage in an hour a day of good physical activity to balance the additional candy intake.

About Boys & Girls Club's Triple Play Program

Triple Play: A Game Plan for the Mind, Body & Soul is a health and wellness initiative designed to empower young people to make informed decisions about their physical, mental and social well-being. The program focuses on improving Club members' knowledge of healthy habits, good nutrition and physical fitness. The U.S. Department of Health and Human Services (HHS) collaborated with Boys & girls clubs of America on the nutrition component of Triple Play.

Triple Play, supported by The Coca-Cola Company and Kraft Foods, Inc., is the largest health and wellness endeavor ever undertaken by Boys & Girls Clubs of America. The nutrition component of the program was developed in collaboration with the U.S. Department of Health & Human Services. The Triple Play partners are working together to combat the country's obesity epidemic and bring about positive change in the lives of our nation's youth.

About Boys & Girls Clubs of El Camino Real

Boys & Girls Clubs of El Camino Real (www.bgcnl.org) serves more than 1,200 youth annually with 4 neighborhood-based facilities in Campti, Jena and Natchitoches. Known as "The Positive Place for Kids," the Clubs provide guidance-oriented character development programs on a daily basis for children 6-18 years old, conducted by a professional staff. Boys & Girls Club core programs emphasize character and leadership development, education and career development, health and life skills, the arts, sports, fitness and recreation.

For more information about free Halloween costumes, Triple Play or other Boys & Girls Club programs contact Rosalind Hudson, Administrator of Programs & Services at 318-352-6268.



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