



## 10 easy steps to making your Halloween EEK-o-friendly

Kermit was wrong. It *is* easy being green [on Halloween].

Just make choices that are **people-healthy**, **animal-friendly** and **Earth-conscious**.

We'll show you how with these 10 simple steps:

1. Plan ahead to avoid last-minute shopping which often limits your choices.
2. When it comes to costumes and décor—reuse, borrow, trade, purchase used or do-it-yourself.
3. Treat bags can be anything! For extra fun, match the bag to the costume using something you already own. Here are some ideas: purses, flower pots (cover the hole), cloth sacks, backpacks, lunchboxes.
4. Choose healthier treats. Take baby steps with organic candy and honey sticks, two child-favored choices. (Honey is not for children under two years of two).
5. Choose fun treasures instead of conventional sweets. Think of the treasures your child collects in her pockets—pretty rocks, coins, etc.
6. If you're giving a party, avoid disposables including napkins, plates, cups, tablecloths and other décor.
7. Walk from house to house instead of driving.
8. Compost pumpkins and any other food, including leftover candy.
9. Collect candy wrappers and help your kids turn them into gift items like purses, bracelets and picture frames. Find directions on the internet.
10. Avoid purchasing any treats made with palm oil.

Check out [www.GreenHalloween.org](http://www.GreenHalloween.org) often for hundreds of fun, fresh ideas.