



This fall season be sure you and your kids are maximizing holiday fun with healthy treats and activities!

5 Reasons to Visit Your Local Pumpkin Patch

Visiting your local pumpkin patch to pick up your pumpkins instead of opting for the grocery store pickings provides your kids with these benefits:

1. If kids understand where food comes from and how it grows, they're more likely to eat the nutritious [pumpkin](#) or the tasty pumpkin seeds you get after carving.
2. By visiting your local pumpkin patch you are supporting local farmers, which means a smaller [carbon footprint](#) as your pumpkins were not shipped from far away places.
3. They usually have fun [activities](#) for the family to participate in such as hayrides, petting zoos or [corn](#) mazes.
4. You and your kids get to spend some quality time outdoors together in the beautiful fall weather! Remember, try to move more every day for short and [long-term health benefits](#).
5. Buying pumpkins are nutritionally [beneficial](#) for your family. Not only are they [delicious](#), but they are also a great source of beta-carotene, vitamin A and fiber. Additionally the seeds contain healthy [omega-3 fats](#) and antioxidant carotenoids. There are many delicious [pumpkin recipes](#) for you and your family to enjoy!



Fall Fitness Challenge

It's not just your kids who need to [stay active](#) this season! Here are some ways to maintain your [physical fitness](#) this fall.

- Set a goal to train for your local turkey trot.
- Play fun [outdoor games](#) like manhunt, steal the bacon, or ultimate frisbee.
- Have a halloween monster-mash or freeze-dance with the kids. Everyone gets up, dances to their favorite halloween songs, and when the music stops everyone freezes!
- While your kids are at their football practice or swim meet take a few laps around the block or walk up and down the bleacher stairs several times. It is ok to take some time out for [your own health](#) and physical activity while your kids are getting theirs.
- Take your kids out plogging! Plogging is the new fitness craze that combines jogging with picking up trash. This teaches kids the mutual importance of [exercise](#) and taking care of the environment while you also get in some much deserved fitness. One thing is for sure, after 5 minutes of this, you know they'll never litter!



Parent Power Tips from the SuperKids Nutrition Founder

When your kids come back from trick-or-treating with that big bag full of candy, it can be challenging to minimize the [sugar intake](#). Here are some [helpful tips](#) to maintain the fun and limit excessive sweets and [food additives](#)!

- Prioritize other fun activities rather than trick-or-treating that doesn't involve as much junk food such as visiting a haunted house or entering a costume contest.
- Throw your own holiday party for the kids that involves fun holiday games like bobbing for apples on a string, hosting a pumpkin carving contest or a mummifying competition where partners wraps each other in toilet paper like a mummy against the clock!
- Make the party a [potluck](#) where all the adults bring their favorite healthy fall recipes! If you do decide to go trick-or-treating, take the opportunity to teach your kids how to eat in moderation and [mindfully](#).
- When friends come over get them involved in a scavenger hunt where they hide some of their candy, find it, then sort and share!

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