

## Healthy & Green Halloween Tips

**Borrow, rent, swap, buy second-hand, or make your own costumes and decorations.** Get creative and reduce waste in your community. [See here for our Halloween Costume Swap Guide.](#) If you are buying new decorations, choose high-quality decor that you can reuse each year, saving you money and time in the long run.

**Buy treats with recyclable packaging (and make sure to keep yours out of the landfill).**

- Small cardboard boxes and aluminum foil wrappers can be put in your curbside recycling bin.
- Plastic candy, chocolate bar, and individual cookie wrappers can be taken to the Sahali or North Shore General Grant's Recycling Centres for recycling.
- Unsure of what can be recycled? Use the [Waste Wise app](#) on your computer or phone to see what goes where.

**Be creative! Consider non-candy giveaways.** Be different and hand out wildflower seeds that kids can plant in the spring or small succulents they can tend at home. Give useful items made from recycled paper, such as bookmarks, playing cards, mini notebooks, or pencils. Alternatively, hand out reflector bracelets to keep kids safe and visible in the fading light on Halloween night.

**Bring your own reusable bag or decorate an old pillow case for collecting treats.** Take the pledge to choose reusable items at [Kamloops.ca/BYO](http://Kamloops.ca/BYO)

**Give healthier options that will keep kids happy without the dreaded sugar crash.** Look for organic, fruit-based candies, gummies, and lollipops; fruit leathers; and low-sugar granola bars. Avoid products with artificial colours, flavours, and sweeteners; MSG; corn syrup; or preservatives as well as common allergens such as nuts.

**Stay close to home.** Keep the car parked and enjoy what your neighbourhood has to offer.

**Take Less.** Avoid having to deal with excessive amounts of candy by visiting fewer houses, and spend the time getting to know your neighbours instead.

**Be a pumpkin eater! When you carve your pumpkin, scoop out the flesh or decorate the outside of your pumpkin with removable stickers so that you can still eat the inside.** Here are [22 healthy and delicious pumpkin recipes](#) to enjoy, including pumpkin pancakes, brownies, mac & cheese, and more!

**Pumpkin composting.** Let your pumpkin give new life as soil by bringing it to a City yard waste site for composting. Look for a pumpkin drop-off sign at:

- Cinnamon Ridge Compost Facility - open 7 days a week, 10:00 am–7:00 pm
- Bunker Road Yard Waste Depot – open 7 days a week, 10:00 am–6:00 pm
- Barnhartvale Compost Site – open Friday-Monday, 8:30 am–4:30 pm