



## Halloween Health and Safety Tips

Fall Celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to Help make the festivities fun and safe for trick-or-treaters and party guests.

Going trick-or-treating?

**S**words, knives, and other costume accessories should be short, soft, and flexible.

**A**void trick-or-treating alone. Walk in groups or with a trusted adult.

**F**asten reflective tape to costumes and bags to help

drivers see you.

**E**xamine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**old a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

**A**lways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**ook both ways before crossing the street. Use established crosswalks wherever possible.

**L**ower your risk for serious eye injury by not wear-

ing decorative contact lenses.

**O**nly walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

**W**ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**at only factory-wrapped treats. Avoid eating homemade treats made by strangers

**E**nter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

**N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

<http://www.cdc.gov/family/halloween/>

## Talking to Your Children about Tobacco

Twenty years ago, the average age to begin smoking was 16. Now, on average, kids begin smoking between ages 14-16. For many, this may become a lifelong habit that will be hard to break since nicotine is more addictive than heroin. Have you talked to your children about using tobacco products and shared with them the impact smoking can have on their physical and financial well being?

Parents have the greatest influence on their children for many things, including using tobacco. Talk to your children, and let them know that tobacco products are addictive. Many children start using tobacco products by age 11 and are addicted by age 14. Start talking to them early about tobacco use. Around age 5-6 is not too early, but it is never too late to start talking.

Over 90 percent of adult smokers started smoking before they graduated from high school.

Empower your children to say "no" and to stand up to peer pressure. Talk to them about the times their friends may pressure them to use tobacco products and ways they can stand up and refuse to use tobacco. Discuss the problem and how they can be good problem solvers. Help your child build self esteem and confidence.

Talk to your children about images that glamorize smoking by their heroes on TV or in the movies. Help them see that tobacco ads make users look cool and project images of a healthy, glamorous person even though the opposite is more likely true.

Know the effects of tobacco use,

and be prepared to share them with

your child. Help them realize that tobacco makes hair, clothes, and breath smell and can turn people off. It also stains teeth and fingernails, lowers athletic performance, costs money, and is not allowed in many public places. Know the long-term effects that result in heart disease, cancer, and emphysema.

Be a good role model for your children, and don't use tobacco. Statistics show that children of tobacco users are twice as likely to use tobacco themselves. If you use tobacco, try to quit and avoid using it in their presence. Also, don't leave tobacco where they can easily get it.



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*Family and Consumer Sciences (FCS) is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families: raising children, housing and environment, eating well, managing money, and staying healthy.*

*Upcoming programs: Food Protection Management, Wharton's Great Pumpkin Bash, Wharton County Health Fair*

*For more information on upcoming programs, please contact Bethany Jackson at 979-532-3310.*

## Sweet Potato Muffins

Ingredients:

- ☞ 4 T margarine
- ☞ 1/2 C sugar
- ☞ 2/3 C mashed sweet potatoes
- ☞ 1 egg
- ☞ 3/4 C flour
- ☞ 2 t baking powder
- ☞ 1/2 t salt
- ☞ 1/2 cinnamon
- ☞ 1/4 t nutmeg
- ☞ 1/2 C milk
- ☞ 1/4 C chopped pecans
- ☞ 1/4 C chopped raisins

In medium mixing bowl, cream margarine and sugar.

Add egg and sweet potatoes; mix well. In

the large bowl, stir flour with baking powder, salt, and spices.

Alternate adding milk and the potato mixture of the large bowl with your dry ingredients.

Fold in nuts and raisins.



Spoon into greased 1.5" muffin tins, filling each 2/3 full.

Bake at 400 degree for 25 minutes or until golden brown.

Let cool for about 5 minutes before serving.

*Monthly and Daily Observances:*

*September 22 -National Family Day*

*September-Healthy Aging Month*

*October 6 -Child Health Day*

*October-Bullying Prevention Month*

*November 11 -World Orphan*