



H AN ECO-FRIENDLY GUIDE TO HALLOWEEN



THE SPOOKY TRUTH ABOUT HALLOWEEN



"Every year, more than 1 billion pounds of pumpkin get tossed out and left to rot in America's landfills." [↪](#)



"On average, a single trick-or-treater generates about one pound of trash, just from candy wrappers alone — Keep in mind, there are about 41 million trick-or-treaters." [↪](#)



The average American child consumes **81 grams** of sugar per day, more than 3x the daily recommendation. [↪](#)



"The vast majority of candy wrappers end up in landfills due to an inability by most curbside recycling programs to recycle them." [↪](#)

THE SOLUTIONS



CLIMATE-FRIENDLY COSTUMES



TRASH-FREE TREATS



DURABLE DECORATIONS



SUSTAINABLE SNACKS

COSTUMES



DON'T BE AFRAID TO REUSE LAST YEAR'S COSTUME



CONSIDER BUYING SECOND HAND



SWAP COSTUMES WITH YOUR COMMUNITY, FRIENDS, AND FAMILY



USE WHAT YOU HAVE TO CREATE A COSTUME



MAKE UNWEARABLE CLOTHING INTO SOMETHING NEW

EVILMADSCIENTIST



🔗 USE A
BROKEN
UMBRELLA
TO CREATE
A BAT
COSTUME

CREATE A
COSTUME
USING
RECYCLED
CARBOARD
BOXES 🔗

MERMAG





TREATS

HAND OUT FRUIT WITH A "NATURAL WRAPPER"

TIP: MAKE IT FUN! CREATE JACK-O-LANTERNS ON FRUIT PEELS WITH NON-TOXIC MARKERS

CHOOSE RECYCLABLE PACKAGING

EX: RAISINS & BOXED CANDY

OPT FOR LOW SUGAR

SWEETENERS LIKE **STEVIA**

CAN BE A GREAT ALTERNATIVE

NON-FOOD ITEMS

EX: PENCILS & TEMP TATOOS

SAY NO TO FOOD WASTE

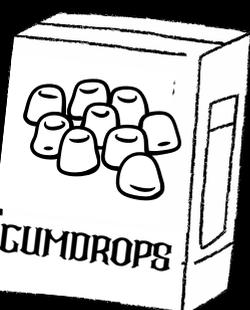
Homemade treats are great for family and friends, but avoid giving them out to trick-or-treaters. With the FDA advising it, many parents dispose of non-commercially wrapped treats.



VEGGIEDESSERTS

DITCH THE PLASTIC

STICK WITH BOXED CANDY/ TREATS



DECORATIONS



Get creative with your decorations! Recycle something new, avoid single-use items, swap with family and family, and get items secondhand whenever you can!



**CREATE
WITH
NATURE**



**ECO-
FRIENDLY
TERRARIUM**

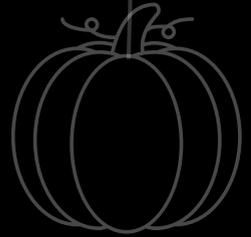


**DIY PUMPKIN
MADE FROM
TRASH**

USE THE WHOLE PUMPKIN

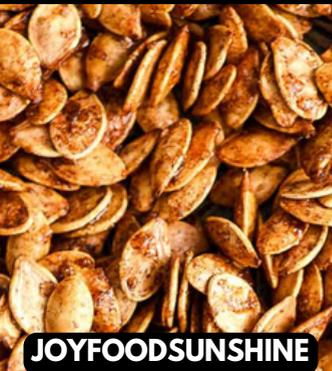
Compost carved
pumpkins [🔗](#)

Give local
wildlife a treat [🔗](#)



[🔗](#) KNOW THE DIFFERENCE:

Learn how to cook with different types of pumpkins



[JOYFOODSUNSHINE](#)



[LOVEANDLEMONS](#)



[FEASTINGONFRUIT](#)



SNACKS



**WHOLE
FOODS FIRST**



**OPT FOR LOW-
SUGAR AND
SUGAR-FREE
BEVERAGES**

Beverages are a large contributor to the overconsumption of sugar.



**CHOOSE ZERO
WASTE &
COMPOSTABLE
FOODS**

Fruit, veg, popcorn, and nuts are all great options!



**USE SPICES TO
MAKE THINGS
SEASONAL**

Our Favorites: Cinnamon, Nutmeg, Allspice, Cloves, Ginger, and Cardamom



Click for recipes!

THREELIVESBRANCH



HOLLYTREEKITCHEN



FOODLETS



TABLESPOON



ONELOVELYLIFE



EVERYDAY-READING

AN ECO-FRIENDLY GUIDE TO HALLOWEEN

ECPROGRAM.ORG



2022



DISCOVER OUR OTHER SHAREABLES:

ECP CREATES AND DISTRIBUTES FREE FOOD EDUCATION ACROSS THE GLOBE.

