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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." [↗](#)

[Learn more about reducing your impact with our education package!](#)



Rethinking Food Waste

Travel alongside a slice of pepperoni pizza, from field to trash, to learn about the waste produced through food production and consumption...

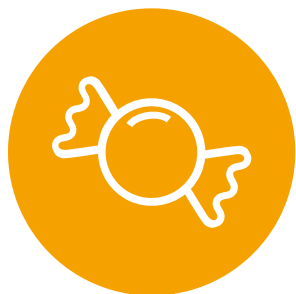
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THE SOLUTIONS



**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

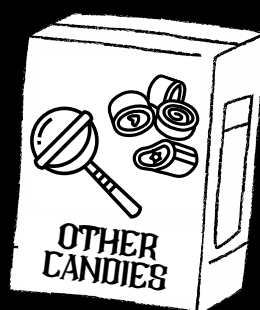
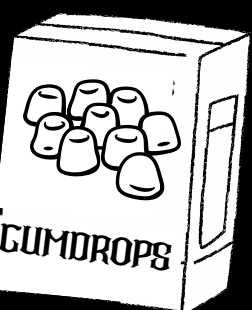
Homemade treats are great for family and friends, but avoid giving them out to trick-or-treaters. With the FDA advising it, many parents dispose of non-commercially wrapped treats.



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**

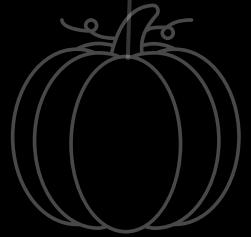


**DIY PUMPKIN
MADE FROM
TRASH**

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

**LEARN MORE
ABOUT HEALTHY
FOOD CHOICES
WITH OUR
“HEALTHFUL
EATING” VIDEO!**

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!



THREEOLIVESBRANCH



HOLLYTREEKITCHEN



FOODLETS



TABLESPOON



ONELOVELYLIFE



EVERYDAY-READING

AN ECO-FRIENDLY GUIDE TO HALLOWEEN

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