

TREATS FOR SPECIAL OCCASIONS

Birthdays:

- Plan celebrations over a normal meal and/or snack time
- Plan for extra physical activity → fun → extra food like yummy cake!
- Try to have a middle piece of cake... it has less icing!
- Make cupcakes; they are all the same size!
- Consider whipping cream in place of icing as a lower-sugar option
- Offer a combination of favourite foods including both carb and non-carb choices (For example: chips, popcorn, cheese strings, veggies and dip)
- Use non-food items for take home "goody bags"
- If your child eats less at parties, give them a snack before leaving the house



Halloween:

- Trick-or-treating is extra activity → extra food!
- Common Halloween-sized portions (check labels):
 - 1 small bag of chips = ~ 10 grams carb + fat
 - 1 mini chocolate bar = 5-15 grams carb + fat
 - licorice twists (3), bites (16) or nibs (22) = 16 grams carb, 0 grams fat
- Hard candies are mainly "pure sugar"
 - ➔ Try to minimize "pure sugar" candies and substitute them for other favourites.
 - ➔ Consider donating these candies or trading them in for prizes and/or special privileges.



All other special holidays and occasions:

- Use "food-sliding" or extra insulin if appropriate (refer to our handout [Timing of Meals & Snacks](#)).
- Talk to the host beforehand to have an idea of what food will be served. Bring along a dish you feel comfortable eating, or have extra snacks packed to ensure you have enough to eat.
- When eating out, look up information online and/or estimate the carbs in a typical meal.