

UF College of Dentistry Green Team

Green Tips of the Month



October 2008

This Halloween, Think Green!

Sure, all those candy wrappers might increase your environmental footprint. But you (and your little monsters) don't have to forego sugar to make your Halloween greener! Some tips:

After you carve that jack o' lantern, bake the seeds instead of throwing them out, for a treat that's healthier than Fun Size M&Ms.

Instead of buying new costumes (which are often made of plastic and thrown away after use), rent them or make them from items you have around the house or find at thrift shops. Not only will they be cheaper and more environmentally friendly, they'll be more creative! If you do buy a new costume, be sure to donate it or trade with a friend instead of trashing it after the 31st.

Send the kids out trick-or-treating with pillowcases or reusable bags instead of buying a plastic pumpkin.

Trick-or-treat in your own neighborhood - and walk - instead of driving to a more distant one.

Make sure to let your kids know that littering is just scary! Tell them to keep empty wrappers in their candy bags 'til they get home.

Or instead of trick-or-treating, host a potluck Halloween party where you serve homemade treats - and eliminate the candy wrappers altogether!

(Adapted from environment.about.com and stopglobalwarming.org)

Have a happy, safe, and green Halloween!