

Trick or treating is such a promise of candy to eat that we just couldn't fulfill.

So, once Mitchell reached about third grade, we decided to do something different. We went away for the weekend of Halloween! It's hard to think about other kids trick-or-treating when you have lots of fun things to do: visit Cereal City, sleep in a hotel room, swim in a pool, and of course, eat out.

The following years we decided to do dinner and a movie without leaving town. We don't see many movies in the theatre, so that's a big treat, as is the mid-week dinner out. In addition, it gets us out of the house. Many trick-or-treaters ring the door bell, even if we don't have our porch light on, so it's hard to enjoy ourselves if we stay home.

Doing dinner and a movie makes Halloween a special day, but with healthier, more controllable food choices (and no candy sitting around the house afterwards.)

| Sharon Cressman, Mom to Mitchell (26)