



November 1, 2011 – Grand Rapids, MI

## Halloween Candy

I overheard a conversation in the locker room at the health club Monday. One guy asked another whether he was ready for Halloween. Second guy said “Oh, yes.” He had been instructed what candy to get plenty of so that in the event that there was anything left, his wife would be able to enjoy her favorite. We know what they’re going to do with the candy that didn’t get handed out, but what are you going to do with the candy your children collected or you didn’t give out?

You could take the candy to one of the many dentists that are offering to buy Halloween candy from your children. That could save on dental bills.

If any of your kids’ friends were sick or otherwise unable to go out, you could ask your kids to share with them.

You could use them as targets at the shooting range.

You could save some until just before you deep fry the Thanksgiving turkey; then you could batter them and deep fry them as appetizers.

Worst choice: eat most of it yourself.

Or you could just parse them out to your children, which is probably the reasonable thing to do. They only get so much per day so they don’t damage their teeth or their weight. It’s only one time a year.

But the Almond Joys? Well, send those to me, and I’ll get them to the guy from the locker room. They’re his wife’s favorite.

What are you prepared to do today?

**Dr. Chet**

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