

# HALLOWEEN HINTS



## Sweet Alternative

(NAPSA)—For parents, few things are scarier than all those empty calories that will soon encounter the mouths and stomachs of little trick-or-treaters. Fortunately, there's a healthy "tube food trend" afoot that may be just the cure for the annual sugar shock of Halloween.



**Squeezable sweets can be a healthier alternative for kids this Halloween.**

Now, instead of filling miniature ghouls and goblins with chocolate and other sticky sweets, parents can choose from conveniently packaged foods on-the-go, such as pudding, gelatin, yogurt and the new Tree Top Fruit Rocketz.

This naturally flavored applesauce is packed in manageable 2<sup>1</sup>/<sub>4</sub> oz. servings designed to partner kids with fun food. Colorful plastic tubes encourage children to rip open a sweet, healthy strawberry-kiwi, raspberry or zinnamon snack on-the-go.

Each Fruit Rocket supplies 50 percent of the USDA-recommended daily allowance of vitamin C. The USDA's Food Guide Pyramid for Children lists 1/2 cup of applesauce as a fruit serving for a 4- to 6-year-old child. Children love the naturally sweet taste of applesauce, making it an easy way for them to get their recommended servings of fruit. And the squeezability of the tubes provides interactive fun for kids.

For more information on Tree Top Fruit Rocketz, visit the Web site at [www.fruitrocketz.com](http://www.fruitrocketz.com).

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*Editor's Note: Tree Top Fruit Rocketz are only available in the markets of Oregon, Washington, California, Nevada, Kansas and Texas.*