

Healthier Halloween Scavenger Hunt!

Email your answers to the questions below to WFHT.TN@tn.gov by Wednesday, Nov. 9 to be placed in the drawing for a prize!

1. What is the first ingredient on the ingredient list for Skittles? (HINT) _____
2. About how many steps would it take to burn off one Almond Joy bar (~234 calories)? (HINT) _____
3. Sleep is important– even on Halloween! Adults need ___ hours each night. (HINT) _____
4. This time of year, it's important to get the ___ vaccine and wash hands frequently. (HINT) _____
5. True or false: It is OKAY to enjoy Halloween candy and be mindful at the same time. _____

