



Outsmart Candy Temptation This Halloween

With Halloween just around the corner, candy seems to be everywhere, and those fun-sized treats somehow add up fast. With some tricks, you don't need superhuman willpower to stay balanced over your halloween treats. A few small shifts in how you plan, think, and set up your environment can make a big difference.

1. Change How You Think About the Treat

That little piece of candy (or two or five) can feel like a reward or comfort after a long day, but often what we're really craving is a break, a moment of calm, or something to look forward to. Before you unwrap, pause and ask what you actually need. Sometimes a short walk, a stretch, or a few deep breaths can hit the same spot.

2. Make the Better Choice the Easier One

When candy is in plain sight, it's almost impossible not to grab it. Try keeping it tucked away, in a high cupboard or behind something less tempting. At the same time, make healthy options easy to reach: a bowl of fruit, nuts, or popcorn on the counter can shift what you naturally reach for.

3. Give Yourself Permission, With Limits

Strict rules like "no candy at all" usually backfire. Instead, plan ahead for a few treats you'll truly enjoy. Choose your favorite candy, portion it out, and take time to actually taste it: no multitasking, no guilt. When you slow down and enjoy it intentionally, you're more satisfied with less.

4. Start Fresh, Often

If you've had a few too many pieces of candy, don't let it spiral. Every day is a clean slate. You can enjoy Halloween night and still get back on track the next morning. Let go of the guilt, drink some water, and focus on your next good choice.

5. Set Yourself Up for Success

Once the festivities are over, decide what to do with leftover candy right away. Donate it, share it, or store it somewhere out of reach. Out of sight really does help keep temptation at bay.

You don't have to skip the fun to stay balanced this season. A little planning and a few mindful moments can help you enjoy the treats, without letting them take over.

Smoky Pumpkin Chili with Charred Corn and Black Beans



Warm, hearty, and just a little eerie, this cozy chili is perfect for Halloween night (or any chilly fall evening). It's packed with real flavor, not sugar, and keeps you satisfied long after the candy bowl's been put away.

Ingredients (serves 4-6):

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 can black beans, drained and rinsed
- 1 can (15 oz) fire-roasted tomatoes
- 1 cup pumpkin purée (not pie filling)
- 1 cup low sodium vegetable broth
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- Salt and black pepper to taste
- **Optional toppings:** avocado slices, pumpkin seeds, shredded cheese, cilantro, or a drizzle of plain Greek yogurt

Instructions:

1. **Char the corn (optional but worth it):** Heat a dry skillet over medium-high and cook the corn, stirring occasionally, until it gets some golden brown spots. Set aside.
2. **Sauté the base:** In a large pot, heat olive oil over medium heat. Add onion and bell pepper; cook until softened, about 5 minutes. Stir in garlic, chili powder, paprika, and cumin until fragrant.
3. **Add the pumpkin:** Mix in the pumpkin purée, tomatoes, black beans, broth, and half the corn. Bring to a simmer, then reduce heat and cook for about 20 minutes, stirring occasionally.
4. **Finish and serve:** Taste and adjust seasoning with salt and pepper. Ladle into bowls and top with the remaining charred corn and your favorite toppings.