



sweet site

Think fast: It's your son's turn to host movie night and you need a chocolaty snack that's free of soy, peanuts, and dairy. Yikes! But fear not, *Foodily.com* to the rescue! The free recipe search engine lets you look for meals and snacks based on ingredients you want—and the ones you don't. Compare recipes side-by-side, complete with nutrition info and pics. Piece of cake (minus soy, peanuts, and dairy, that is). —*Marygrace Taylor*

CHOCOLATE MILK CONTROVERSY

To serve or not to serve—that's the question schools and parents are asking about chocolate milk. Some schools are banning it due to its high sugar content, while others say drinking *any* milk is better than no milk. And recent studies showing chocolate milk's combo of protein and carbs boosts athletic performance adds to the confusion. So is it a healthy choice for kids or not? Not usually, says Ashley Koff, R.D., co-author of *Mom Energy: A Simple Plan to Live Fully Charged*. Chocolate milk does contain important calcium and protein, but an eight-ounce serving also has 12 grams of added sugar—the maximum amount the American Heart Association says kids ages 4 to 8 should have in an entire day. "A small glass of organic chocolate milk is fine as an occasional treat, but most of the time, plain milk or a nutrient-dense food is a better way to get those nutrients," says Koff. If your child won't drink the plain stuff, try offering plain yogurt topped with cacao nibs and fruit. —*M.T.*

CHEAP TREATS, NO TRICKS

Of course you *want* to give out all-natural candy for Halloween, but so many options end up costing you a buck a pop. Talk about scary! Good thing we've got tasty picks for **less than 50 cents** each.

GoNaturally Organic Assorted Hard Candies

Feast on a choice eight fruity flavors in this mix of individually wrapped hard candy. They're dairy- and gluten-free, meaning even ghosts and goblins with allergies can enjoy. (\$3 for 24 pieces, hillsidecandy.com)



Glee Gum Mini Variety Pack

Chomp on all-natural chewing gum that comes in three kid-friendly flavors: triple berry, tangerine, and bubblegum. Each box is made of biodegradable packaging and holds four pieces of gum. (\$6 for 21 boxes, gleegum.com)



Sjaak's Organic Chocolates Chocolate Orange

Sink your fangs into these vegan, fair trade chocolate that are filled with gooey orange centers. The chocolates come wrapped in festive holiday foil. (\$33 for 93 pieces, sjaaks.com)



YummyEarth Organic Gummy Bears

Pucker up for flavorful gummies in strawberry, sour apple, and pomegranate. Made with organic fruit juice, these snack-size variety packs are perfect for Halloween handouts. (\$8.50 for 30, yummyearth.com)



Equal Exchange Dark Chocolate Minis

Devour these melt-in-your-mouth organic minis that are made of fair trade cocoa, sugar, and vanilla. The mild dark chocolate flavor will please trick-or-treaters of every age. (\$35 for 150 pieces, equalexchange.com)



—*Violet Batcha*