

# Tricked About Treats

## Dear Tim:

With the growing concern about childhood obesity, food allergies and diabetes, is trick-or-treating such a good idea anymore?

**-Sugar-Free on Surry Hill**

## Dear Sugar:

I'm as big a fan of kids and healthy family meals as anyone, and I still think Halloween is the greatest. You get to dress up in a crazy costume, enjoy a night out with your family and friends, and get two hours' worth of exercise running from house to house. Sure, the extra sugar isn't the best thing in the world, but neither is a life without treats, so I'm fine making an annual exception – as long as there's something for everyone. If you decide to get in on the fun, we'll be open until 9:00 on Beggars Night. And we've got ghoulishly good treats for all the kids in your neighborhood. Some healthy. Some not so much.



**DEAR  
TIM**

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*Dear Tim is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit [www.huffmansmarket.com](http://www.huffmansmarket.com).*