

DID YOU KNOW?

## TEAL PUMPKIN PROJECT™

HELP CREATE A SAFER, HAPPIER HALLOWEEN FOR ALL!



1. Join 100,000 households pledging to participate in the Teal Pumpkin Project™ at [tealpumpkinproject.org](http://tealpumpkinproject.org)
2. Provide low-cost non-food treats for trick-or-treaters (glow sticks, bubbles, etc.)
3. Paint a pumpkin teal or print a free sign from FARE and place it in front of your home to indicate you have these treats available



Find out how you can take part  
[TEALPUMPKINPROJECT.ORG](http://TEALPUMPKINPROJECT.ORG)  
[#TEALPUMPKINPROJECT](#)

The TEAL PUMPKIN PROJECT and the Teal Pumpkin Image are trademarks of Food Allergy Research & Education (FARE).

### EMERGENCY CONTACT INFORMATION

On-Call Case Management: 603-206-2700 (dial 0, you will be connected to an answering service that will reach out to an on call case manager.

On-Call Nursing: 603-494-8117

Mobile Crisis Response Team: 800-688-3544



The Moore Center  
*Creating opportunities for a good life.™*



"Trick or Treat"



Hi, my name is \_\_\_\_\_

I have autism and it can be difficult to say

"Trick or Treat" but I am trying.

*Thank you for understanding and for the yummy treat!*

"Happy Halloween"



# THE MOORE CENTER'S BEHAVIORAL TEAM PRESENTS:



# TIPS & TRICKS FOR A SPOOKTACULAR HALLOWEEN

## Know before you go!

- What day and time will you be going?
- Who will be with you?
- When will you be home?
- Plan your route! Take the individual you support on a practice walk before the big day!
- Find a costume that closely resembles the feel of everyday clothing. Some individuals may not like the way certain costumes feel, so get creative and find something that works best for the individual you support! Practice wearing the costume for short periods of time before the event.
- A HELPFUL TRICK! Bring along ear plugs/ear protectors for unexpected noise.



While decorating for Halloween—or any holiday—is fun, it's good to leave a couple of rooms in the home completely unchanged. These rooms will serve as a “safe space” to get away from what may become an overwhelming environment in the months to come.

The Holiday season is quickly approaching, and the Moore Center's Behavioral Team would like to offer some helpful tips and tricks to get everyone through the busiest time of the year. The best thing we can do for the individuals we support is to maintain normalcy in their everyday schedules leading up to holiday events.

With Halloween on the horizon it's important to make a plan in advance and prepare the individual you support for the holiday.

- How do they want to celebrate?
- Will they be going out or will they hand out candy?
- Are there any parties they'll attend?
- Maybe they don't want to participate at all... and that's ok too.
- How do you assist them in making healthy choices when there are treats everywhere?

Most importantly, the Behavioral Team wishes everyone a safe and happy Halloween!



Everyone knows that the holiday season brings a change in diets. We all like to indulge, but it's important for the individuals we support (and ourselves) to maintain a healthy, balanced diet. Having healthy food options readily available is one way to curb impulsive poor food choices. Make healthy eating fun this Halloween by trying out some fun new recipes!

