

The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



Contents



- [Oh no, Halloween and all that Candy... "I don't want my child to be hyper"](#)
- [Black Cat Cookies](#)
- [Squashtoberfest](#)
- [Halloween Spiders](#)
- [Helpful Hints](#)

Oh no, Halloween and all that Candy... "I don't want my child to be hyper"



Parents that statement is based on an old myth that has been proven false by medical professionals for years now. We here in the sugar industry are constantly overhearing that parents are afraid to let their kids have candy on Halloween and cake at birthday parties because they will

be so "hyper" they won't want to go to bed. Here's news for you; the 'sugar' in the candy is not going to make your child 'hyper', it will be the excitement of the event. Not the candy.

Sugar does not cause hyperactivity in children. And you can not get a 'Sugar High' from eating candy. Hyperactivity is a specific diagnosable syndrome recognized by professionals as Attention Deficit Hyperactivity Disorder or ADHD. It is a behavioral disorder characterized by chronic problems with attention, impulsiveness and/or hyperactivity that is inappropriate for a child's age. Under normal conditions a very energetic or "highly active" child has the ability to control his behavior, whereas the truly hyperactive child may be able to modify, but not fully control his behavior.

Folklore linking certain foods, such as sucrose or table sugar, with very active behavior in children began in the early 1970s, when Dr. Benjamin Feingold proposed the theory that diet may adversely affect children's behavior. Since that time, considerable research has been devoted to the subject. In over 20 studies, including those supported by the Food and Drug Administration,

Black Cat Cookies

Ingredients

- 1 C crunchy peanut butter
- 2 eggs
- 1/3 C water
- 1 pkg. chocolate cake mix
- Pioneer or Big Chief Sugar
- M&Ms Plain Chocolate Candy
- Red Hots



Directions

Preheat oven to 375 degrees F. In a mixing bowl beat together peanut butter, eggs, and water. Gradually add cake mix; mix well. Form dough into 1-inch balls. Place on ungreased cookie sheet. Dip a small glass/jar in Pioneer Sugar then flatten the cookie balls with the sugar coated glass. Pinch out two ears at the top of each cookie. Add M&M's for the eyes and red hots for the nose. Press a fork into the dough to form whiskers. Use a knife to carve out the mouth. Bake for 8-10 minutes.

science has been unable to support claims that sugar affects children's behavior.

[Click here to find out more](#)

Squashtoberfest



Don't forget the 2nd Annual Squashtoberfest will be held on Tuesday, October 26, 2010 at Zehnder's of Frankenmuth. If you missed the deadline for entering your recipe, come on out anyways and see what's cooking!

Savory Main Dishes will be from 9 a.m. to 12 noon; winners announced at noon. The Great Soup Challenge will be from 12 noon to 3 p.m.; winners announced at 3 p.m. Sweet Surprises category will be from 1 p.m. to 2 p.m. with the winners announced at 2 p.m. After the judging is complete in each category the dishes competing will be offered to the public for tasting.

Helpful Hints



Did you just eat something extremely hot? Water or milk just isn't taking the heat away. Eat a teaspoon of Sugar to ease the burning.

Also if you have frequent halitosis (bad breath), try a teaspoon of sugar to decrease the odor.

Halloween Spiders



Ingredients
1 pkg. (12 oz.) chocolate chips
1 medium can chow mein noodles
1 pkg. M&M's plain candy

candy

Directions

In a microwave safe dish, melt chocolate chips in microwave. Stir until all melted and smooth. Stir in noodles. Drop by spoonful onto waxed paper. Add two M&M's for spider eyes. Let set for a while before eating. Enjoy!

*Note: Add 2 to 4 tablespoons of water to thin chocolate, if needed.



[Share this email with your friends!](#)

Michigan Sugar Company | 2600 S. Euclid Ave. | Bay City | MI | 48706
TheSweetBeat@MichiganSugar.com | <http://www.PioneerSugar.com>

This email was sent to noreply@www.emailcontact.com. [Unsubscribe](#)

To ensure that you continue receiving our emails, please add TheSweetBeat@MichiganSugar.com to your address book or safe list.

Powered By [Email Contact](#) - [Try It Free](#)