

Dentist wants to buy back kids' Halloween candy

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A sweet treat for overseas troops and less post-Halloween candy consumption for area kids is just what the doctor ordered, as Reuter Family Dentistry is taking part in the Halloween Candy Buyback program.

Halloween Candy Buyback takes place the day after Halloween – Nov. 1 – from 3:30-6 p.m.

Kids ages 2-12, accompanied by an adult, may bring Halloween candy to the office to redeem small prizes and entry a drawing. Reuter Dentistry will pay \$1 for each pound of candy, up to \$5, along with an entry to win a night at the movies with Cozy Theatre. Three winners will be drawn, and they will be contacted Nov. 2.

Each child will also receive a gift bag with a toothbrush, toothpaste and gift certificates for local businesses.

The candy itself will be shipped to Operation Gratitude. The California-based nonprofit sends care packages to U.S. troops deployed in harm's way, to their children left behind and to wounded warriors recovering in transition units, according to its Facebook page.

Dr. Heidi Reuter had participated in Candy Buyback at her former practice before starting in Wadena, although she didn't do it last year after starting here in January 2010.

Her husband, Ryan Reuter, is the practice manager who may or may not dress up as Captain Jack Sparrow handing out the treasures to kids on the candy buyback day.

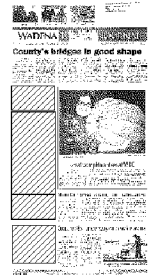
"We thought it was a great idea to introduce it to the Wadena area," he said.

Are dental problems a big problem after this candy-binging time of year?

"We looked into research to see if that is the case, but cavities take a long time to form, so you don't see any immediate impact," Ryan Reuter said.

He said that he is not against trick-or-treating or candy in general, but moderation is key.

"I'm a parent too. My kids go out for Halloween. We want them to be able to experience it, and of course they'll have some candy, but if you can take a large chunk of it away so they're not grazing on it over the next several weeks to



months, that definitely helps,” he said.

Heidi Reuter said many fermentable carbohydrates and acids can contribute to cavities, but sticky sugars and sour candy have strong acid levels harmful to teeth.

Adult tastes – like sugar in coffee – are not immune to tooth problems. Dental Hygienist Amber Kern said she advises people to drink from straws and drink more water.

They have also done other community events, such as Give Kids a Smile in February to give free dental care to children from low-income families, and participation in the February Festival of Health.

Reuter Family Dentistry can be contacted at (218) 631-1487.

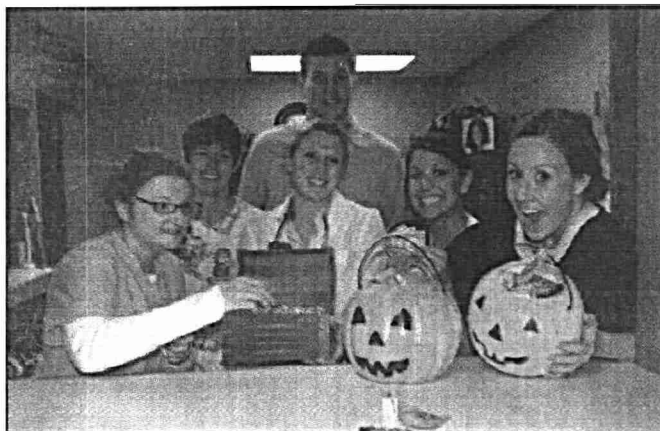


Photo by Rachelle Klemme

Reuter Family Dentistry is participating in the Halloween Candy Buyback program. From left, Devon Bernard, Janelle Rademacher, Dr. Heidi Reuter, Ryan Reuter, Mandy Wegscheid and Amber Kern.