



that's roughly two in every classroom. For these children, even a tiny amount of their allergen has the potential to cause a severe reaction.

Virtually any food can cause a reaction. Many popular Halloween candies contain nuts, milk, egg, soy or wheat, which are some of the most common allergens in children and adults. Additionally, many miniature or fun-size versions of candy items contain different ingredients than their full-size counterparts and some miniature candy items may not have labels, so it is difficult for parents to determine whether these items are safe for their child with food allergies.

[Non-food treats](#) provide a safe, fun alternative for children with food allergies and other conditions for whom candy may present a problem.

### **What children can benefit from non-food treats?**

All kids love non-food treats like glow sticks or small toys. There are children who have various conditions that may preclude them from having candy, or can particularly benefit from non-food treats, including:

- Food allergies
- Food intolerances
- Eosinophilic Esophagitis (EoE)
- Celiac disease
- Food protein-induced enterocolitis syndrome (FPIES)
- Children with feeding tubes
- Any child on a special diet

### **Is this taking away the tradition of collecting candy on Halloween?**

The goal is not to exclude candy from the Halloween tradition. The goal is simply to ensure that children with food allergies – and other children for whom candy is not an option – are able to enjoy a safer, happier Halloween. Trick-or-treaters typically receive pounds of candies and chocolates, and we're sure they will continue to collect plenty of candy. Many kids, whether they have food allergies or not, enjoy the experience of receiving little toys and other fun items that they can keep.

### **Can I still pass out candy?**

Sure – just do it safely! The point of the Teal Pumpkin Project is to make trick-or-treating as inclusive as possible. You can keep the experience safe by keeping your food treats and non-food treats in separate bowls.

### **Do kids with life-threatening food allergies actually trick-or-treat?**

Yes! Who wouldn't want to take part in such a fun tradition shared with friends, classmates and family? Many kids with food allergies go out to trick-or-treat just like their friends. They know they'll give much of their candy away because it's not safe for them. They have come to understand that a lot of their fun will come from dressing up in a costume. We hope the Teal Pumpkin Project becomes a

tradition for years to come so kids will know that when they knock on someone's door that has a teal pumpkin, they'll have a treat they can fully enjoy.

### **Are there any non-food treats that I should avoid?**

There are a few considerations when choosing which non-food items to hand out. First, some non-food items still contain food allergens. For example, some brands of moldable clay contain wheat. Additionally, try to choose latex-free items, as there are children who have latex allergies.

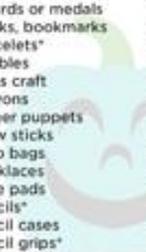
### **If I'm handing out candy and non-food treats, how do I determine which treat to give to each trick-or-treater?**

You can either ask trick-or-treaters if they have any food allergies, or give every visitor a choice of which treat they'd like: candy or a non-food item.

### **Do kids really like non-food treats?**

They don't just like them, they love them! Finding a unique treat at your house will be a fun surprise. Glow bracelets, for example, are a great option. They are inexpensive, kids can wear them throughout the night, and parents are appreciative because they help make kids more visible after nightfall. Other non-food items, such as pencils and stickers, can be used at home and at school long after candy has run out or expired.

## **Non-Food Treat Ideas**

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- Awards or medals
  - Books, bookmarks
  - Bracelets\*
  - Bubbles
  - Class craft
  - Crayons
  - Finger puppets
  - Glow sticks
  - Grab bags
  - Necklaces
  - Note pads
  - Pencils\*
  - Pencil cases
  - Pencil grips\*
  - Pencil sharpeners
  - Pencil toppers\*
  - Pencil erasers\*
  - Playing cards
  - Ribbons
  - Rings
  - Rubber balls\*
  - Slinkies
  - Small figurines
  - Spinning tops
  - Stickers
  - Sticky notes
  - Stress balls
  - Stuffed animals
  - Tote bags
  - Yo-yos

### **#KeepItTeal for a safe and healthy Halloween**

A teal pumpkin means that non-food treats are available that make a safer and more inclusive for children on special diets.  
\*Avoid items made of latex - look for latex-free versions instead.



[KidsWithFoodAllergies.org](http://KidsWithFoodAllergies.org)

Join FARE's Teal Pumpkin Project™ to help us create a safer, happier Halloween for all! Teal Pumpkin Project™ raises awareness of food allergies and promotes inclusion of all trick-or-treaters throughout the Halloween season.

### Non-Food "Treat" Ideas!

- Glow sticks, bracelets, or necklaces
- Markers, crayons, pencils, & pens
- Halloween erasers and pencil toppers
- Mini-Slinkies
- Whistles, Kazoos, or noise makers
- Finger Puppets or novelty toys
- Bouncy Balls
- Bubbles
- Coins
- Spider Rings
- Vampire Fangs
- Mini Notepads
- Playing Cards
- Bookmarks
- Stickers
- Stencils

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To help you learn more about the project, gain ideas for non-food item treats, print out Teal Pumpkin Flyers and activity pages for children visit: <https://www.foodallergy.org/teal-pumpkin-project/about#.WRYkxeUrKM8>