



Safe and Spooky Fun: Enjoying Halloween with Food Allergies



Halloween is one of the most exciting nights of the year — costumes, candy, and fun everywhere! But for kids (and parents) who manage food allergies, it can also bring a few extra challenges. The good news? With a little planning and awareness, Halloween can still be safe, sweet, and full of fun.

Know Before You Go!

Before heading out for trick-or-treating or a Halloween party, take a minute to talk about what foods might cause a reaction. Read labels carefully, even mini candies can have different ingredients than the full-sized versions! If you're not sure, set those aside until you can double-check together.

Bring Your Own Treats

Carrying a few safe, allergy-friendly treats can help avoid disappointment if some candy isn't safe to eat. Parents can keep a small bag of approved snacks handy, or swap out collected candy later for allergy-safe goodies at home.

Look for the Teal Pumpkin

You may notice teal-colored pumpkins on porches or at community events — that's part of the Teal Pumpkin Project, which helps make Halloween more inclusive for everyone. Homes with teal pumpkins offer non-food treats like stickers, glow sticks, or small toys. It's a great way for kids with allergies to join the fun without worry!

Tips for Parents

- Talk with neighbors, teachers, or event organizers ahead of time about any allergies.
- Bring wipes and any necessary medications (like an epinephrine auto-injector) just in case.
- Encourage your child to wait until they're home to sort through candy — it turns safety into part of the fun!

Keep the Fun in Focus

Halloween isn't just about candy — it's about dressing up, laughing with friends, and enjoying the spooky season. Safe celebrations, allergy-friendly parties, and creative swaps can make the night just as magical.

With the right knowledge and preparation, every child can have a Halloween that's both fun and safe — no tricks, just treats!