



# TIPS FOR STAYING SAFE ON HALLOWEEN

**AVOID CANDY AND TREATS THAT DO NOT HAVE AN INGREDIENT LABEL, EVEN IF YOU TRUST THE FULL-SIZE VERSION.**



**INGREDIENTS:** GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED RICE [RICE EXTRACT], WHOLE GRAIN ROLLED BARLEY EXTRACT], WHOLE GRAIN ROLLED BARLEY EXTRACT), WHOLE COCONUT, WHEAT, SOYBEAN OIL, DRIED COCONUT, WHEAT, WHEAT FLOUR, SODIUM BICARBONATE, WHOLE WHEAT FLOUR, NONFAT SOY MILK, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT)

**READ THE LABEL, EVERY TIME.**

**CARRY AN EPINEPHRINE AUTO-INJECTOR. ALWAYS.**



**ENFORCE A "NO EATING WHILE TRICK-OR-TREATING" RULE.**

**KEEP THE EMPHASIS ON THE FUN, RATHER THAN THE CANDY.**



**SWAP ANY UNSAFE CANDIES YOUR CHILD MIGHT RECEIVE WITH YOUR OWN SAFE TREATS WHEN YOU GET HOME.**

**USE SORTING THROUGH YOUR CHILD'S CANDY AS AN OPPORTUNITY TO TEACH HIM OR HER ABOUT READING LABELS.**



**PARTICIPATE IN THE TEAL PUMPKIN PROJECT!  
LEARN MORE AT [TEALPUMPKINPROJECT.ORG](http://TEALPUMPKINPROJECT.ORG).**



**FARE**

Food Allergy Research & Education

©2017, Food Allergy Research & Education (FARE)

**TEALPUMPKINPROJECT.ORG**  
foodallergy.org