



FAACT HALLOWEEN RESOURCES



HALLOWEEN CAN BE SCARY – and we're not just talking about decorations. Avoiding unsafe foods at school and other celebrations is often a challenge for children with food allergies.

FAACT has created resources to help families have more fun and less fright this Halloween. Resources include blog posts, Pinterest boards, podcast episodes, and activities to help educate your community.

FAACT'S HALLOWEEN SAFETY TIPS

- 1.** Bring epinephrine: Carry your child's epinephrine auto-injectors (or have your child self-carry) while trick-or-treating, to parties, at the mall, and anywhere else there may be Halloween candy. Your child should have two epinephrine auto-injectors at all times.
- 2.** Avoid eating treats along the way: Encourage your child to wait until they are home before eating treats to avoid a mix-up of candy that could potentially contain food allergens.
- 3.** Inspect candy and check labels: Check the labels of all candy in your child's collection for ingredients your child might be allergic to. You may need to research some of these items online. Put candy with unknown ingredients in a spot where your child can't get to it– or simply throw it out to avoid potential problems. Remember, if NO LABEL, DO NOT EAT!
- 4.** Bring extra treats to parties: When friends or neighbors host a Halloween bash, be sure your child eats only pre-packaged and labeled goodies to avoid cross-contact with allergens. Make your own allergen-free treats for the whole gang so your child won't feel left out. (Be sure those allergen-free treats are kept in a separate area, away from other foods.)
- 5.** Consider non-food treats: Pass out treats such as Halloween-decorated pencils, erasers, glow necklaces or bracelets, or Halloween trinkets (spiders, rings, temporary tattoos) to trick-or-treaters and at Halloween parties to ensure every child can enjoy the fun. Avoid items like Play-Doh that contain food ingredients (and potential allergens).



INCREASE AWARENESS

To increase awareness about food allergies in your community this Halloween:

- 1.** Place FAACT Teal Ghost signs at your home to let others know that your house supports people with food allergies and has non-allergic treats.
- 2.** Hand out non-food treats such as FAACT's Teal Ghost logoed fun and colorful prize packs, available at Walmart stores across the U.S. along with FAACT's Teal Ghost Signs.





FAACT BLOG POSTS

- [Walmart Teams Up with FAACT's Teal Ghost for Halloween](#)
- [Let's Celebrate A Very TEAL Halloween](#)
- [Safe and Alternative Halloween Family Activities](#)
- [12 Teal Ways to Increase Awareness and Safety this Halloween!](#)
- [FAACT's Halloween Safety Tips](#)
- [Tips to Create a Safe & Teal Halloween](#)
- [How Halloween is Opening the Door for Food Allergy Awareness](#)
- [Halloween with Food Allergies](#)



FAACT PODCAST EPISODES

EPISODE 14: [Self-care and Coping Skills Tips for You and Your Family](#)

EPISODE 22: [Food Allergy Anxiety and Depression](#)

EPISODE 58: [The Hershey Company, Taking the Mystery Out of Manufacturing](#)

EPISODE 88: [Trick or Teal Treat: Halloween Prep Made Easy](#)



FAACT PINEREST BOARDS

- [Halloween](#)
- [Food Allergy Education](#)
- [Non-food Treat Ideas](#)
- [FAACT Behavioral Health Resources](#)



COLORING PAGES & ACTIIVTY SHEETS

Use this download to answer questions contained in the crossword puzzles.

[10 FAACTS About Food Allergies](#)

