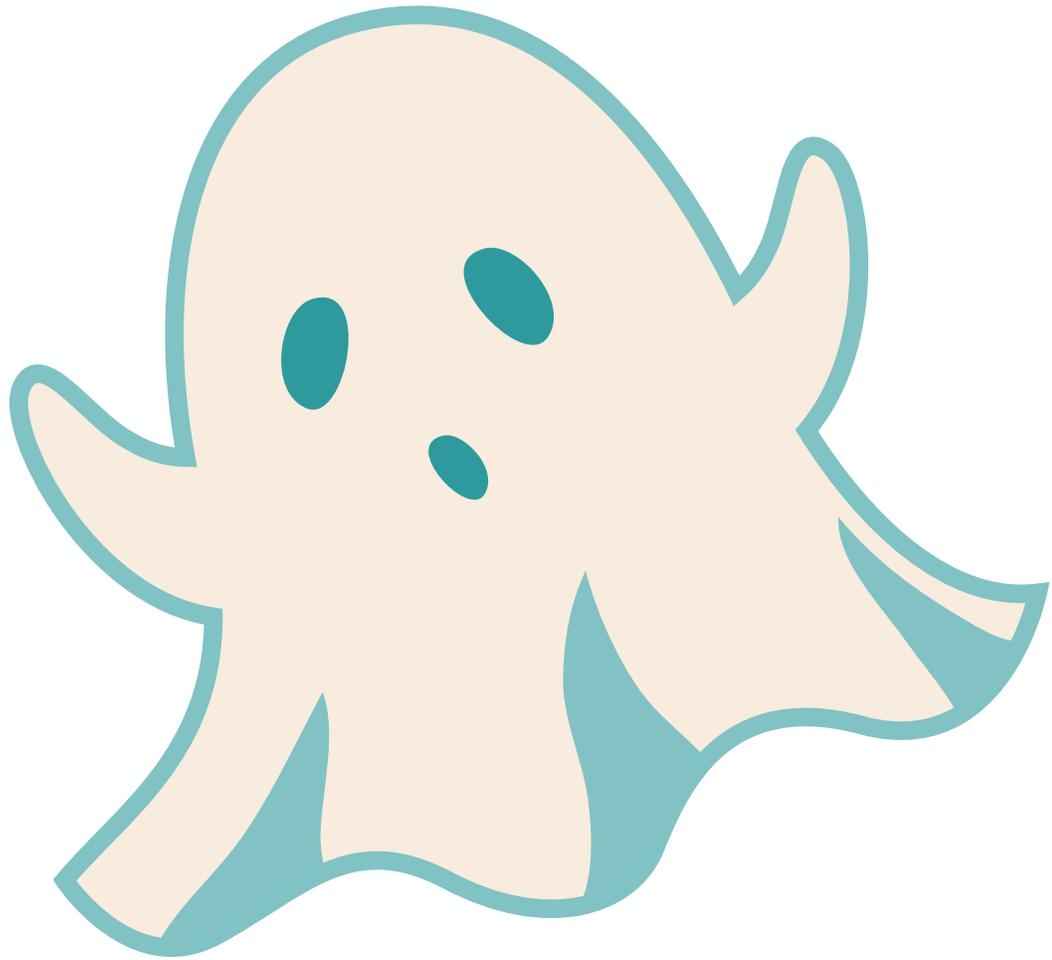
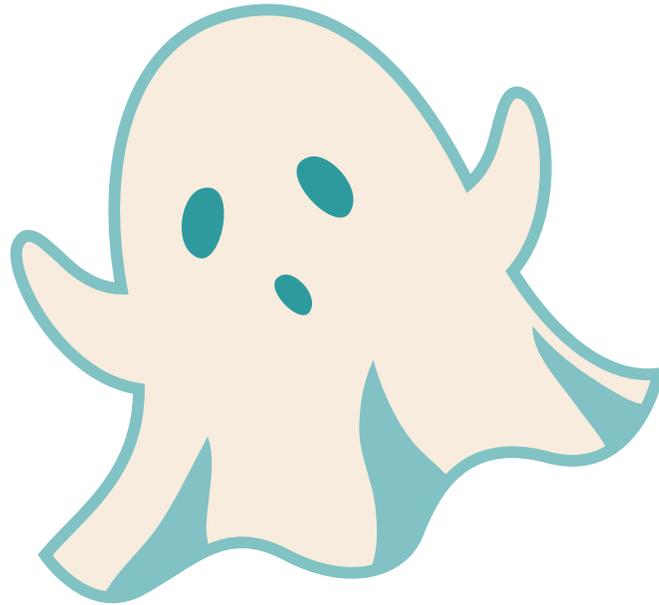


**WE'VE BEEN  
TEAL GHOSTED!**



**BOOO!**

# YOU'VE BEEN TEAL GHOSTED!



# BOOO!

## HI NEIGHBOR!

1. We hope you enjoy your allergen-friendly Teal Ghost Kit with non-food treats!
2. Place your, We've Been Teal Ghosted sign on your front door or window.
3. Now that you have been Teal Ghosted, keep it going! Within two days, make two copies of this page.
4. Put together two bags of non-food treats and secretly deliver with a copy of this page to two neighbors who haven't been Teal Ghosted!
5. Share your Teal Ghost shenanigans on social media, #FAACTsTealGhost

Place this "**WE'VE BEEN TEAL GHOSTED**" sign on your front door!



**FOODALLERGYAWARENESS.ORG**

# FAACT'S TEAL GHOST

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<b>TEAL</b>	<b>BATS</b>	<b>HALLOWEEN</b>	<b>HOWL</b>	<b>TRICK OR TREAT</b>
<b>HAUNTED HOUSE</b>	<b>GHOSTS</b>	<b>SKULL</b>	<b>EPINEPHRINE</b>	<b>WITCHES</b>
<b>OCTOBER</b>	<b>FUN</b>		<b>MONSTERS</b>	<b>SPOOKY</b>
<b>PUMPKINS</b>	<b>SCREAM</b>	<b>NON-FOOD TREATS</b>	<b>SPIDER</b>	<b>MUMMY</b>
<b>MASK</b>	<b>SKELETONS</b>	<b>Boo</b>	<b>FALL</b>	<b>GOBLINS</b>



# TEAL GHOST FUN!

*Teal Ghosts and Pumpkins are a fun way to include children with food allergies and help them experience a safe and happy Halloween. It also includes children with other dietary restrictions as well!*

- 1.** Sign it: Let others know you support people with food allergies and have non-allergic treats. Download and print FAACT's FREE [Non-Food Fun Ghost](#) and [Non-Food Treats Available Here](#) posters.
- 2.** Treat with teal: 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.
- 3.** Educate parents: Hand out food allergy information to parents of trick-or-treaters, such as FAACT's FREE downloadable flyer, [10 FAACTs about Food Allergies](#). Maybe next year you'll have a neighborhood filled with teal pumpkins!

## FAACT'S HALLOWEEN SAFETY TIPS



*For a ghostly Halloween, follow these safety tips:*

- 1.** Bring epinephrine: Carry two epinephrine auto-injectors while trick-or-treating, to parties, at the mall, and anywhere else there may be Halloween candy.
- 2.** NO snacking: Give your child incentive to wait until they get home before eating treats. Switch out unsafe candy for safe treats, toys, or even money.
- 3.** Dress up: Can your child wear gloves to help avoid direct contact with allergens? Accessorize costumes with teal buttons, stickers, or other awareness items to let other parents know about food allergies.
- 4.** Speak up: Have fun with a little role playing. If they see candy they know they can have, teach them to ask for it. If someone offers something they can't have, they can say, "No, thank you. I have a food allergy."
- 5.** Discuss candy to avoid: It's one thing to tell your child to avoid candy with peanuts, but do they know what the wrappers look like so they don't accidentally grab one? Teach them to scan candy bowls for allergens and even avoid safe treats if they're surrounded by unsafe candy.



**6.** Look around: Watch what other kids are eating nearby and scan for any candy/wrappers thrown on the ground.

**7.** Read ALL labels: Sometimes snack-sized candy is manufactured differently. Ingredients and manufacturing processes change. NEVER assume an item is safe just because it was safe last year. You may need to research some ingredient lists online.

**8.** Hand out non-food treats: Halloween-themed pencils, glow necklaces, rings, and temporary tattoos ensure every child can enjoy the fun. Avoid items like Play-Doh that contain food ingredients (and potential allergens).

**9.** Set up safe stops: Place small bags of safe candy at a few neighbors' houses so your child can go there and get it. It also gives you a chance to educate neighbors about food allergies.



# TRICK OR TREAT



**10.** BYO treats: When friends or neighbors host a Halloween bash, bring allergen-free treats for the whole gang so your child won't feel left out. (Be sure those treats are kept away from other foods.)

**11.** Sing about it: Kyle Dine created a cute and catchy song, [Food Allergy Halloween Safety](#), to teach children about safety.

**12.** Read about it: The No Biggie Bunch wrote a cute book, [Trade-or Treat Halloween](#), about kids swapping the candy that contains their allergens.



## 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 PINTEREST BOARDS

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



## COLORING PAGES & ACTIVITY SHEETS

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

[10 FAACTS About Food Allergies](#)

