



# FAACT HALLOWEEN SAFETY TIPS



## SET THE STAGE FOR A FUN HALLOWEEN WITH THESE SAFETY TIPS:

**1. BRING EPINEPHRINE:** Carry two FDA-approved epinephrine products 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.

**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.)



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