



### **Safe Halloween tips if your child has allergies...**

1. **Come prepared.** For safe trick or treating, carry the following: epinephrine auto-injectors (*in case your child has a reaction*), wet wipes, cell phone, flash light, and a few pieces of safe candy.
2. **No eating, while trick or treating.** Avoid the temptation with a nice dinner topped off with a few pieces of “safe” candy or a special treat for dessert.
3. **Help your neighbors be prepared.** Buy some trinkets (bubbles, spider rings, Silly Putty, stickers) or “safe” candy for your neighbors to give to your child.
4. **It’s ok to say “No.”** Teach your child how to politely say “no thank-you” to candy that she knows is unsafe.
5. **Read the label every time!** Sometimes manufacturers change ingredients or manufacturing facilities so always read the label!
6. **Not all candies are equal.** Different versions and sizes of the same candy have different ingredients. For example, chewy Spree *contains* egg white while original Spree does not. Mini versions of Laffy Taffy do not contain egg, but the large size *does*.
7. **Don’t forget about cross-contamination.** Be especially careful with large bags of candy that contain different varieties. Often, individual packs can break open which will cross contaminate the wrappers of all of the candy.
8. **No label = No eating.** If you do allow your child to eat some of the loot from trick or treating, make sure he knows that only labeled foods are allowed. Avoid “opened” candy that has been put into cute containers or snack bags.
9. **Make a trade!** Trade unsafe candy for a toy that you have purchased ahead of time. You can also trade money for candy (*pennies or nickels for individual pieces, and quarters for full sized candy*). Both these tricks work best when you have some safe candy at home as well. Remember the needs of non-allergic siblings too! They too can be given special treats in exchange for candy that is safer *out* of the house. Or, you can keep the candy in safe place and allow your non-allergic child to have some in his lunch or at a friend’s house as a special treat.
10. **Clean house.** Get all unsafe candy out of the house as soon as possible. Send it to work, a neighbor’s home, or donate it to a charity/shelter.