



These helpful tips for being allergy-aware this Halloween can make trick or treating safe and fun for **EVERYONE**:

1. **Be proactive.** If you know of children in the neighborhood with food allergies, ask their parents what types of candies are safe. They'll be thrilled to know you care.
2. **Keep a stash of "safe candy" or fun trinkets.** Pick up an assortment of Enjoy Life's new *boom CHOCO boom™* bars, the first-ever dairy-, nut- and soy-, and gluten-free chocolatey bars. Also, have fun trinkets on hand such as bubbles, Silly Putty, tattoos, stickers, spider rings and bracelets. Kids with food allergies or intolerances will be grateful to receive something they can actually enjoy.
3. **Be discreet.** If you know a child has food allergies, don't ask "Oh, you're the one with the peanut allergy, right?" Kids want to fit in and don't like to be singled out.
4. **Everyone loves ingredient labels.** Give out candy with clear ingredient labels so parents and children can decide which candies are safe.
5. **Don't drop candy into kids' bags.** Allow each child to select his or her candy. Some kids can identify candies or brands that are safe and which aren't. If they are unsure, tell them to check with a parent.
6. **Listen to the children.** If a child says "No thank you," it may be because they don't see a safe option in what's being offered. Don't make a fuss by insisting they take candy that may not be safe for them.
7. **Parents know best.** Don't assume that peanut allergy is the only allergy. There are many types of food allergies and food intolerances, so it's important to let parents decide what type of candy is safe for their child.
8. **Think of your guests.** If you're entertaining for Halloween, don't leave candy dishes unattended and be mindful of children "stashing" candy. Young children with food allergies may be easily tempted by "unsafe" candy.