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Teal Pumpkins are Making Halloween Safer for Kids with Food Allergies

Eau Claire, WI, October 24th, 2019 – Halloween is scary for millions of families across the country managing food allergies. One in 13 children in the U.S. has a food allergy – *that’s about two children in every classroom.*

“For these children, even the slightest trace of an allergen could cause a severe, even deadly, reaction,” says Susan Krahn, Public Health Nutritionist and mother of a child with food allergies.

Managing food allergies at Halloween can be tricky because many popular candies include common allergens: peanuts, tree nuts, milk, eggs, wheat, and soy. Candy that does not contain an allergen may not be safe if it is made on the same equipment with allergens. Many small candy items may not have labels, so it is very hard for parents and teachers to know if these items are safe for a child with food allergies.



With growing concerns about childhood obesity and diabetes, let’s make Halloween fun and healthy for every child! The Teal Pumpkin Project, a nation-wide campaign from Food Allergy Research & Education (FARE), aims to keep all trick-or-treaters safe and healthy. A teal pumpkin on a doorstep is a sign that there are non-food treats or “treasures” handed out.

It's easy to be a part of the Teal Pumpkin Project!

You can help keep all children safe with these simple steps:

- 1) Pick up low-cost toys or treasures for trick-or-treaters. This gives all children in your neighborhood a healthier, fun option! Check the party section of any store for bags of low-cost party favors like bubbles, glow sticks, stickers, stencils, or bouncy balls. Keep your food treats and non-food treats in separate bowls.
- 2) Put a teal pumpkin – the color of food allergy awareness – in front of your home or business. No time to paint a pumpkin? Place a free printable sign from FARE (visit www.tealpumpkinproject.org) on your doorstep or mailbox.

For more information about food allergies, visit www.foodallergy.org. *The TEAL PUMPKIN PROJECT and the Teal Pumpkin Image are trademarks of Food Allergy Research & Education (FARE).*

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