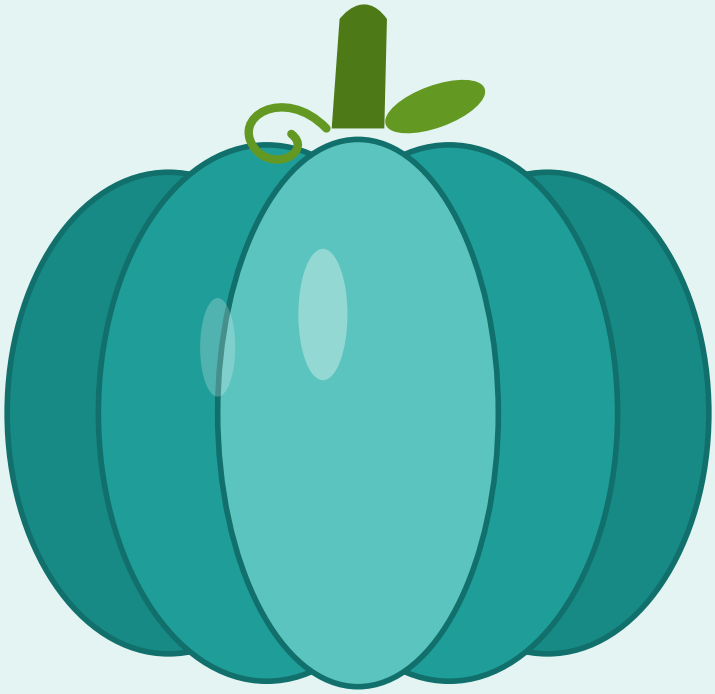


Non-food treats available here

Stickers, glow sticks and small toys for every trick-or-treater, including kids with food allergies.

Tonight we have: _____

Inspired by FARE's Teal Pumpkin Project. Not affiliated with FARE.

PlatePal scans the barcode on a candy bag and flags your family's allergens in seconds. Free.
Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. Information, not medical advice. Follow your allergist or doctor. Recipes change: always read the label. Free to print and copy for personal and classroom use.

Halloween candy label check

For families with food allergies. Sort the bag at home before anything gets eaten, and read every wrapper.

1. **Wait until you are home.**
   Read labels at the table in good light, not on the doorstep.
2. **Read every fun-size label.**
   Mini and fun-size candy can have different ingredients, or a different May contain line, than the full-size bar. It may be made in a different plant.
3. **Find the Contains line, then read every ingredient.**
   In the US the Contains line covers the nine major allergens only.
4. **Check the May contain line.**
   Shared equipment warnings matter. Follow your allergist's advice on them.
5. **Read it again this year.**
   A candy that was fine last year can change its recipe.
6. **No label, or a label you cannot read?**
   Set it aside. The same goes for homemade treats.
7. **When in doubt, swap it out.**
   Trade it for a treat you have checked, or a toy.

⚠ Allergens that often turn up in Halloween candy

Milk	Milk chocolate, caramel, nougat. Dark chocolate often has traces of milk.
Peanuts and tree nuts	Bars and cups, and many May contain lines.
Egg	Candy corn often contains egg white. So does some nougat.
Soy	Soy lecithin in many chocolates.
Wheat	Licorice usually contains wheat. Wafer and cookie bars too.
Sesame	Some candy corn is made with sesame oil. Sesame candy and halva.

Sort the bag

Label read and checked	Not sure: set aside	Swap it out

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