



Tips for a Food Allergy-Friendly Halloween



Communicate early and broadly

- If your child with food allergies is attending a Halloween event, let the host or school know in advance
- Remind the host or school to be proactive about knowing who is at risk, and remind your child of their anaphylaxis action plan. Anaphylaxis is a life-threatening allergic reaction



Trick-or-treating Tips

- Reinforce to your child the importance of not eating any candy until you've examined it
- Feed your child a meal (and treat) beforehand so they aren't as hungry and tempted to sneak a treat
- While avoidance of triggers is the critical first step, it's also important to make sure your child has two epinephrine auto-injectors immediately available at all times on Halloween night
- Consider having your child wear a medical alert ID bracelet or other form of identification
- Pull together a bag of treats that you know your child can eat, and when your child arrives home with their "bounty," do a swap for the "approved" treats



Move Beyond Candy-land

- Shift the focus of the celebration to activities that don't require food, like pumpkin painting, mask making, hypoallergenic face painting and spooky scavenger hunts
- Hand out alternatives to candy to trick-or-treaters. Kids love stickers, temporary tattoos, Halloween-inspired jewelry, bouncy balls, game cards and other fun toys

**Latex is also a common cause of anaphylaxis, so make sure to read the labels of these products*



To learn more about food allergies and anaphylaxis, visit AnaphylaxisRevealed.com