

# Take Part in the Teal Pumpkin Walk-In!



## We're Bringing the Teal Pumpkin Project to Elected Officials



Halloween is supposed to be spooky fun. But when a child with food allergy sees a bowl filled with candy, they can feel left out or even afraid. Many favorite candies contain common food allergens as ingredients.

For over a decade, the **Teal Pumpkin Project** has helped make trick-or-treating fun for everyone by encouraging households to offer non-food treats. Every year, FARE's online map catalogues thousands of participating addresses.



## Join Us on Wednesday, October 29, 2025

We're asking the food allergy community to take a step further and visit the offices of their federal, state, and local leadership on **Wednesday, October 29, 2025**.

You're not visiting to advocate on a particular issue or bill. You're visiting to raise food allergy awareness—and share a little Halloween magic.

You can “reverse trick-or-treat” and deliver small, inexpensive non-food treats to their offices. Kids should wear costumes!

When food allergy patients and families share their stories, **it's good for everyone**.



## Make Your Voice Heard

- More than 33 million people in the U.S. have the disease of food allergy which can cause life-threatening allergic reactions.
- 1 in 10 adults and 1 in 13 children have food allergy.
- We are the food allergy community 365 days a year, including Halloween!
- As food allergy champions and allies, we must work together to raise awareness.
- It's personal for us.

Find out more about the Teal Pumpkin Project at [TealPumpkinProject.org](https://TealPumpkinProject.org)

## About FARE

FARE (Food Allergy Research & Education) is a 501(c)(3) charitable organization with the mission to improve the quality of life and health of those with food allergy through transformative research, education, and advocacy. Learn more at [FoodAllergy.org](https://FoodAllergy.org)



# How to Visit Local Leadership Offices for the Teal Pumpkin Walk-In

FARE is coordinating a “Walk-In” day of Wednesday, October 29, 2025

## ✚ Before Your Meeting

- Find out who your elected representatives are at the federal, state and local level and contact them to ask for a meeting in their “**district**” or “**field**” office.
- When you reach out by email or telephone, identify yourself as a constituent by providing your home address or name of neighborhood.
- Describe the purpose of your visit as taking the brief opportunity to share how the issue of food allergy affects you, your family, and your community.
- Once you have booked a meeting, let us know at FARE by sending an email to [media@foodallergy.org](mailto:media@foodallergy.org).

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To look up your elected leadership, visit [USA.gov/elected-officials](https://www.usa.gov/elected-officials)

## ✚ During Your Meeting

- **Name Your Constituency:** Introduce yourself at the beginning of the meeting and confirm that you are a constituent of their district.
- **State Your Purpose:** Explain that you are there to talk with the representative about food allergy so that they know what your experience has been.
- **Personalize the Message:** Share a brief story about how food allergy affects you, your family, and your community. Ask them to learn about food allergy and take part in the Teal Pumpkin Project. You can “reverse trick-or-treat” by presenting the office staff with small, inexpensive non-food treats.
- **Before You Go:** Be sure to take a couple of photos and suggest the staff might also want one to share to their official social media!

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You probably have a limited amount of time—stick to a few key points!

## ✚ After the Meeting

- Post the photo on social media with a thank-you and tag their official handle, along with FARE.
- If you’re not on social media but you don’t mind the photo being shared, please send it to [media@foodallergy.org](mailto:media@foodallergy.org).
- Send a letter or e-mail to the office thanking the representative and staff for their time.
- Build your relationship by sending an occasional news update or article on food allergy, attending constituent events, and staying involved in community issues.

Raising awareness is an important part of being a food allergy advocate

