



# Join the Teal Pumpkin Project!

1 in 13 children have food allergy, which can cause life-threatening allergic reactions. Food allergy is a disease, not a diet.  
Will you help make Halloween fun for everyone?

**Joining the Teal Pumpkin Project is as easy as turning a pumpkin from orange to teal.**

*(Good news: it's actually much easier than that.)*

## What If You Couldn't?

What if you had food allergy, and your body's immune system reacts to what should be a harmless food protein? A reaction can be as bad as life-threatening anaphylaxis.



Every 10 seconds in the U.S., a food allergy reaction sends a patient to the emergency room.



Nearly any food can trigger an allergic reaction. The "top 9" most common allergens includes several foods that regularly appear as ingredients in candy.



Some kids and their families don't feel comfortable trick-or-treating, because the risk of being exposed to an allergen is just too high.

*But...*

## What If You Could?

When you offer non-food treats, more children get to enjoy Halloween without fear!



## Ideas for Non-Food Treats

- Mini notebooks
- Playing cards
- Stickers
- Fidget toys
- Mini puzzles
- Glow sticks
- Pencils and pens
- Bubbles
- Bouncy balls
- Spider rings

## Did You Know?

- Candy corn often contains egg whites.
- Candy "minis" may have different ingredients than their larger counterparts.
- Licorice typically contains wheat as a binding ingredient.
- Dark chocolate often contains traces of milk.
- There is no such thing as "allergy-free" candy.
- Make-up products or face paints may contain food allergens as ingredients.
- Some brands of moldable clay contain wheat.

# Why Choose Non-Food Treats?

## It's Good for You

You can find non-food treats that cost the same as candy and, unlike leftover candy, you can re-use your supply year after year. Plus, you don't have to stop passing out your usual candy. Just do it safely, by keeping food treats and non-food treats in separate bowls.

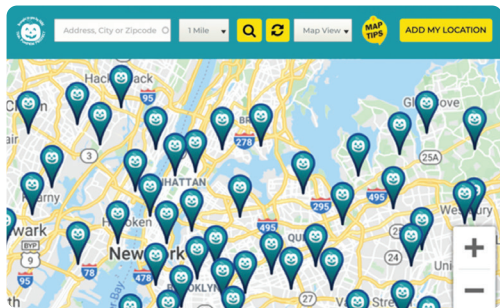
## It's Good for Us

The food allergy community gets to trick-or-treat without anxiety. It's no fun walking up to a house, then leaving empty-handed because you are allergic to all the treats offered, or worse—picking up a treat, then realizing that you're allergic to it.

## It's Good for Everyone

Many medical conditions can make candy off limits. Almost all kids love non-food treats like glow sticks or small toys. This way, no one gets left out!

# Taking Part in the Teal Pumpkin Project Is as Easy as 1-2-3



- 1 Add your address to the Teal Pumpkin Project Map, so kids looking for non-food treats can plan their routes.
- 2 Show your participation with a teal pumpkin or one of the free printable signs available on FARE's website.
- 3 On Halloween, be sure to have non-food treats ready for trick-or-treaters!

**Don't forget to ask your neighbors to join in!**

## We Are FARE!

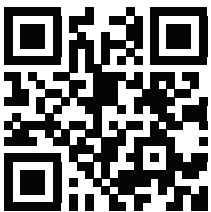
From our leadership to our team—and our children, family, and friends—everyone at FARE is impacted by food allergy.  
*It's personal for us.*

FARE is dedicated to changing the landscape of what's currently available in terms of food allergy treatments, diagnostics, and management strategies.

We believe the food allergy community deserves magical experiences and the same abundance of options available to others in every space: home, work, school, while traveling, and on holidays.



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 allergies through transformative research, education, and advocacy.  
Learn more at [FoodAllergy.org](https://www.FoodAllergy.org)



## Wait, Do I Really Need to Be on the Teal Pumpkin Project Map?

You can participate without being on the map. But adding your pin shows the larger food allergy community that the Teal Pumpkin Project is happening all over. If you team up with nearby friends and family, or as a whole neighborhood, you can transform a section of the Teal Pumpkin Project map! [TealPumpkinProject.org](https://www.TealPumpkinProject.org)

