

Food Allergen Friendly Halloween Treats

TRAFFIC LIGHT NUTRITION

GO

-Any Fresh Fruit (unless specifically allergic to the fruit)

Popular Fruit allergies are:
berries, apple, apricot, cherry, kiwi, peach, pear, and plum, melon, orange, and banana



-Raisins and Dried Fruit combos without nuts

Organic Fruity Sampler



ZenB Veggie bites:



-Individually healthy wrapped cookies
*watch for Oat/wheat allergens

Sweet Megan:



-Fresh Vegetable with non-nut butters
i.e. celery sticks with sunflower butter



SLOW

-Annie's Bunny Fruit Snacks
or other Allergen Free-Gummy Snacks



-Yum Earth Organic Pops, most Yum Earth Products



-Skinny Pop Popcorn



-Enjoy Life Chocolate Bars



-Sorghum Popcorn for Corn Allergies



WHOA

-Lay's Original Potato Chips or another plain chip



-Swedish Fish



-Ring Pops



-Smarties



-Skittles/Starburst



Food Product List and Reference :

Dried Nuts and Raisin Combo:

<https://www.nuts.com/snacks/single-serve/dried-fruit.html>

<https://www.zenb.com>

Cookies:

<https://www.sweetmeganbakery.com>

<https://www.bitsys.com>

Gummy Snacks:

<https://www.annies.com>

Organic Pops:

<https://www.yumearth.com>

Popcorn:

<https://www.skinnypop.com>

Chocolate:

<https://enjoylifefoods.com>

Sorghum Pop:

<https://www.poplettes.com>

Lay's:

<https://www.lays.com>

Candy:

Swedish Fish: Malaco

Ring Pops: Topps

Smarties: Smarties Candy Company

Skittles/Sunburst: Wrigley Candy Company