

Teal Pumpkin Project



Include Trick-or-Treaters With Food Allergies & Other Dietary Conditions



The Teal Pumpkin Project promotes the inclusion of all trick-or-treaters by offering an alternative for kids with food allergies, as well as other children for whom traditional candy is not an option.

There are 3 easy steps to participate:

1. Place a teal pumpkin, the color of food allergy awareness, in front of your home to indicate you have non-food treats available.
 - Teal pumpkins can be found at many stores – Target, CVS, Michaels, Giant Eagle and more... or paint your own!
2. Offer non-food treats such as toys, pencils, stickers, etc., in a separate bin.
3. Offer candy free of the most common allergens (eggs, milk, peanuts, tree nuts, wheat, and soy)
 - Examples include: Dum Dums[®], Enjoy Life[®] products, Welch's[®] or Mott's[®] Fruit Snacks, Mike & Ike[®], Ring Pop[®], Skittles[®], Sour Patch Kids[®], Starburst[®], and Swedish Fish[®].
 - **Participants with food allergies should always check labels to ensure each item is safe for them.**