



HALLOWEEN

- Hand out safe treats to friends and neighbours ahead of trick-or-treating. You can provide this labelled in a little bag.
- Costumes can include gloves to avoid contact with food.
- Always check face paint it may contain peanut oils or other nasty chemicals.
- Give out non-food treats at your own door so your child can feel included.
- Arrange a Halloween party with a few close friends, you can provide safe food.
- Check the label on EVERY lolly, EVERY time.
- Have a swap system, swap unsafe lollies with a safe treat.
- Never eat anything that does not have the ingredients listed on it.
- Be careful of cheap lollies not made in Australia. Lollies made in Australia have clear allergen statements.
- Watch out for lollies that have different flavours, most Tic Tac's do not contain MILK but some flavours do.
- Tag team with a partner if you are attending a party, so each of you get time to relax.
- Avoid homemade food prepared by friends or neighbours, you don't know how or where this food was prepared.
- Have a fancy dress party so the main focus is not on food.
- Have a Halloween treasure hunt and you can provide safe treats or non-food items.
- Always carry two EpiPens when out trick-or-treating, a phone and a torch.

Have a safe and happy Halloween, remember to be Food Allergy Smart!

Thai & Rabbie x

