



KIDS WITH FOOD ALLERGIES

HALLOWEEN



Celebrate with
Food Allergies and
Have Fun, Too!



Tips to safely celebrate Halloween:

at home

at school



Activities to make Halloween fun for everyone



- ◆ Create a costume for your child. If your child is contact allergic, you can make many costumes that will cover them up, and even include gloves and they won't feel out of place.
- ◆ Have your child make his or her own costumes:
 - ◇ Costumes are a great way to learn to sew. Your child can pick a costume and fabric out at a fabric store. Many fabric stores have sewing classes. You can also use no-sew glue, found at fabric stores.
 - ◇ Your child can make his or her costume out of paper or things found at home like old sheets.
- ◆ Make jack-o-lanterns out of:
 - ◇ A pumpkin—but have them paint the outside instead.
 - ◇ A Styrofoam pumpkin you can buy at arts and crafts stores. These can be carved or painted.

- ◆ Make ghosts out of :
 - ◇ Tissue paper
 - ◇ Paper Mache
 - ◇ Foam sheets
 - ◇ Gauze
 - ◇ Old bed sheets



- ◆ Construct tombstones to decorate your front yard as a grave yard.
- ◆ Cover your trees outside with fake spider webs.
- ◆ Make miniature grave yards or a scary house out of foam sheets.

...More Halloween Crafts

- ◆ Use tissue paper to make bats and put them on a wire so they look like they fly.
- ◆ Use pom poms and pipe cleaners to make little spiders.
- ◆ Make black cats out of pom poms and google eyes.
- ◆ Take turns face painting everyone in your family with face paint that is safe for your child with allergies.
- ◆ Make Halloween Oobleck using cornstarch or potato flour. The recipe is one part water to 1.5 to 2 parts cornstarch/potato flour. You can add food coloring for fun. It is not just fun to touch, but is fun to throw it in the air, mold, heat or vibrate.



Instead of trick-or-treating, do something else fun that night

- ◆ Go to the movies.
- ◆ Have a slumber party with friends.
- ◆ Watch old Halloween movies at home that are age appropriate, like “Pooh's Halloween Heffalump”.
- ◆ Watch a bunch of scary movies if your child is older.
- ◆ Help a local hospital create a Halloween party for the children in the hospital.
- ◆ Have a party at your house and offer only safe treats.
- ◆ Create a scavenger hunt using a Halloween theme, and have your children go door to door to get everything on the list.
 - ◆ Turn your home into a haunted house and have an open house for the night for all of your kids' friends. Recruit parents of your children's friends to help out.
 - ◆ Have everyone at your party bring safe treats. Place them in different rooms in the house, then let the kids go trick or treating in your home.



- ◆ Have a costume party where everyone makes his or her own costume and hold a Halloween fashion show.
- ◆ Tell ghost stories.
- ◆ Have your children make up their own ghost stories.
- ◆ Decorate your house.

Play fun Halloween party games

- ◆ Halloween Word Scramble
- ◆ Eyeball Hunt Game
- ◆ Pin the Stem on the Pumpkin Game
- ◆ Halloween Memory Game
- ◆ Halloween Relay Race
- ◆ Halloween Feel Box—put slimy, gross and creepy things in side
- ◆ Costume Relay Race— see who can get dressed the fastest
- ◆ Halloween Guess Who
- ◆ Pumpkin carving or painting contest



School Parties

- ◆ Help plan your school's Halloween party.
- ◆ Attend the party to monitor the situation and bring safe treats or special toys for your children.
- ◆ Bring safe snacks that are homemade by you or that are your child's favorite.
- ◆ Suggest to your child's teacher that non-food related activities be used such as the crafts and games included in this booklet.



Tips to safely Trick-or-Treat

- ◇ Prepare a container filled with safe treats in advance, and then swap it for the treats collected.
- ◇ Don't let young children touch or carry allergenic candy.
- ◇ When trick-or-treating, carry your child's emergency medicines.
- ◇ Try a variation of the Tooth Fairy: sort through unsafe candy, then leave it in a safe spot for a "Candy Fairy," who leaves a small gift.
- ◇ Let the kids dress up and run house to house, while you carry a safe snack in case they want one. Bring wipes to clean the little hands first!
- ◇ Give neighbors safe Halloween treats in advance to hand out to your food allergic child.
- ◇ Trade the collected candy for cash or a toy of their choosing.
- ◇ Buy safe non-food goodies at places like a dollar store or www.orientaltradingcompany.com for neighbors to give out. Examples:
 - Books, pencils, stencils or stickers
 - Play dough or stuffed toys
- ◇ If permissible, donate leftover candy to children who may not be able to go out and trick or treat.
- ◇ If your child is older, have him or her trade unsafe treats for safe ones, either with their friends or with items you purchase in advance.



Treats

For a child on a liquid diet or a feeding tube:

- ◇ If he or she can have sugar candy, make homemade candy in the shape of Halloween objects. Be sure to use molds that can handle heat; chocolate molds found in craft stores will melt.
- ◇ Make Halloween-shaped ice cubes for treats.
- ◇ You can take an ice carving class and make a pumpkin out of ice!

SAFE EATS™ FOR HALLOWEEN

CARAMEL APPLE DIP

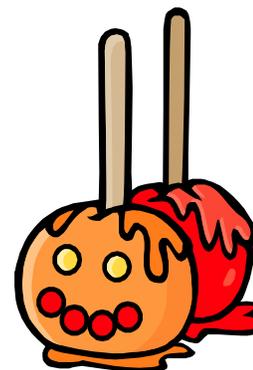
Created by Donna LaPlant

1/2 cup sugar

3 Tbsp. light corn syrup

2 Tbsp. margarine

1 cup vanilla-flavored milk alternative



Boil milk alternative over med-low heat until reduced to 1/2 cup. Heat first three ingredients and 1/4 cup milk alternative over medium heat until boiling. Stir constantly so it doesn't burn. Add remaining milk alternative and continue to boil gently over medium low heat. Stir frequently approximately 10-15 minutes until it turns a caramel color. Let mixture cool down slightly, then use as a sauce for whole apples or a dip for apple slices. Makes enough for about two apples. Use dairy, soy, egg, corn, wheat and/or gluten free ingredients as needed.

>>Can be made free of...

**Milk, Peanut, Egg, Soy,
Tree nut, Gluten, Wheat, Fish,
Shellfish, Sesame**



ANNIKA'S SOFT PUMPKIN COOKIES

Created by Amy Hugon

- 2 cups gluten-free flour blend
- 1/2 cup oat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp xanthan gum
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 cup shortening
- 1 1/2 cups sugar
- 1 1/4 cups canned pumpkin
- 1 Tbsp Egg Replacer mixed with 2 Tbsp water
- 1 tsp vanilla



In large bowl, combine all ingredients. Stir until completely mixed.

Preheat oven to 350 degrees F.

Place spoonfuls of batter on ungreased cookie sheet, 12-15 to a sheet.

Bake 18-20 minutes

To avoid gluten, replace oat flour with additional gluten-free flour blend.

Use dairy, soy, egg, corn, wheat and/or gluten free ingredients as needed.

>>Can be made free of...

**Milk, Peanut, Egg, Soy,
Tree nut, Corn, Wheat, Fish,
Shellfish, Sesame**

SOFT SUGAR COOKIES

Created by Laurie Carson

- 1 cup margarine
- 2 cups sugar
- 1 Tbsp vanilla
- 2 eggs, beaten, or equivalent replacement
- 5 cups flour (divided)
- 1 cup dairy-free milk alternative, soured with 1 tsp vinegar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt



Mix together butter or margarine, sugar and vanilla. Add beaten eggs. Alternately add the buttermilk, 2 1/2 cups flour, baking soda and baking powder. Stir in additional 2 1/2 cups flour.

Chill well.

Roll out on a floured surface and cut out. Sprinkle tops with sugar (or colored sugar, sprinkles, or homemade safe frosting of your choosing etc).

Bake at 350 for ten minutes.

Use dairy, soy, and corn free ingredients as needed.

>>Can be made free of...

**Milk, Peanut, Egg, Soy,
Tree nut, Corn, Fish, Shellfish,
Sesame**

WARNING!

Check all ingredients. Remember that treat-sized candy may have different ingredients or may be made on different machinery than the same regular-sized candy.

SPECIAL THANKS

Members and Volunteers of Kids with Food Allergies

Yael Weinstein, KFA Education Materials Coordinator

RESOURCES FOR THIS BROCHURE

About.com <http://familycrafts.about.com/cs/halloweenthrm/a/090400a.htm>



Kids with Food Allergies Inc.

A World of Support

Phone: 215-230-5394
Fax: 215-340-7674
www.kidswithfoodallergies.org

Mailing Address:
73 Old Dublin Pike, Ste 10, #163
Doylestown, PA 18901

Copyright © 2007-2008, Kids With Food Allergies, Inc. All Rights Reserved.