

A Ghoulishly Gluten-Free Halloween!

Halloween can be a difficult holiday to navigate for a gluten-free child. Here are some tips for easy, gluten-free trick-or-treating.

1. Organize a gluten-free party for kids

A party where you can control the treats and goodies is a great plan for staying gluten-free. Offer a few healthy snacks for a pre or post trick-or-treating get together. Here are some kid-friendly favorites:

1. Granny smith apple slices with low-fat caramel dip
2. Hot chocolate made with low-fat milk
3. Gluten-free Chex Mix® or trail mix
4. Vanilla pudding mixed with a few dollops of pumpkin puree and a pinch of cinnamon

2. Plan ahead for trick or treating

Most kids like to snack along the way as they trick-or-treat. Pack along their favorite gluten free candies to avoid reaching into the treat bag. All candy collected throughout the night should be kept safely in their bag until a parent can check it at home.

3. Trade it up

Purchase some gluten free candy prior to Halloween night. Once your trick-or-treating is through trade them for any candies containing gluten. This way they won't feel *tricked!*

4. Read all labels

It is important to read all labels Halloween night. Many of the "mini-versions" of Halloween candy are made with different ingredients than the larger versions. Here's a list of some of the most popular gluten free candies:

3 Musketeers fun size	Milk Duds
Baby Ruth fun size	Mike and Ike
Almond Joy fun size bars	Nestle Milk Chocolate fun size bars
Butterfinger fun size	Reese's Pieces
Charms Blow Pops	Raisinets
Dum Dum Lollipops	Skittles fun size
Hershey's Milk Chocolate snack size bars	Tootsie Pops
Jolly Rancher	Swedish Fish treat size
LiveSavers Gummies	Snickers fun size and mini's

For an even greater list check out www.celiaccentral.org for their Gluten-Free Snack and Candy List.

Have a Safe and Happy Halloween!