

## **BROADCAST SCRIPT-Teal Pumpkins remove the scary side of Halloween**

Halloween isn't always a treat for the millions of kids across the country who have food allergies.

The Food Allergy Research and Education organization or (FARE), says one in 13 children in the U.S. has a food allergy and with Halloween coming, candy can be a scary prospect. Many of the sources of those allergies can be found in candy -- including nuts, soy, wheat, milk or eggs.

OSF HealthCare Saint Luke Medical Center in Kewanee is promoting participation in [The Teal Pumpkin Project](#). Dietician Sara Umphleet says the effort involves providing a non-food item for trick-or-treaters.

**“All candy can be potentially cross-contaminated with some of those food allergens. So, it's really scary and parents are really wary and afraid of going out on Halloween and Trick-or-Treat night so offering options besides candy is a really good way to include those children who do have those food allergies.” (:17)**

Umphleet says there are inexpensive options available in most retail outlets.

**“Glow sticks are really good for Halloween. Bracelets, those Halloween fangs that kids love and wear are really good options. I know that I'm gonna offer some different options – some things I would pick up at the Family Dollar or the Dollar Store.” (:13)**

But, Umphleet points out, there are some options you should avoid.

**“Things that you do NOT want to offer are going to be like some of the Silly Strings or Silly Puddy because those have wheat in them and those are one of the food allergens.” (:09)**

How can you participate? Paint a pumpkin teal or use the cut-outs you can download from the [tealpumpkinproject.com](#) website to signal to parents or kids you have non-food treats. You can also register your house on a global map that lists participating homes in every neighborhood.

**\*\*\* (FOR WEBSITE POST)** FARE also recommends families managing food allergies keep the following Halloween safety tips in mind:

- Enforce a “no eating while trick-or-treating” rule, so that you have time to review all food labels.
- Avoid candy and treats that do not have an ingredient label.
- Always have an epinephrine auto-injector available, if prescribed.
- Keep in mind that the mini-size, fun-size, or bite-size version of candy may contain different ingredients than their full-size counterparts. Make no assumptions, and read all labels carefully.
- Keep the emphasis on the fun, rather than the candy.
- Remember that a candy that has been safe for your child in the past may now have different ingredients. Read the label every time.