

SPOOKY SAFE SNACKING

Halloween is a time for fun, costumes, and delicious treats, but the last thing anyone wants is a real-life scare. To keep trick or treating both safe and enjoyable, keep these simple guidelines in mind:

Offer Non-Food Treats:

Halloween can be dangerous for kids with food allergies, as even allergen-free candies may be cross-contaminated during manufacturing. Consider handing out fun, non-edible alternatives like glow sticks, stickers, pencils, bubbles, bouncy balls, or small toys.

Inspect Candy Before Eating:

Serve kids a filling meal before trick-or-treating so they aren't tempted to snack while out. Once home, inspect all treats carefully and discard anything unwrapped, spoiled, or suspicious.

Prepare for Allergy Emergencies:

If your child has a food allergy, ensure they carry their prescribed emergency medication (such as an epinephrine auto-injector or nasal spray). Review how to use it beforehand, and make sure any accompanying adults know the emergency plan.

Prevent Choking Hazards:

Watch what children put in their mouths while out. Aim to avoid any hard candies, popcorn, gum, small or gummy treats, pumpkin seeds, and whole nuts as these can pose choking risks for babies and toddlers. Ensure that small toys, stickers, tattoos, and wrappers are not consumed accidentally.

Manage Post-Halloween Candy:

Agree on a realistic, positive plan for pacing candy consumption over the following weeks. Involving your children in setting these rules turns it into a valuable learning experience.

For more information on Halloween Safety Tips, visit:

healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx



COUNTY OF MORRIS
DEPARTMENT OF LAW & PUBLIC SAFETY
DIVISION OF PUBLIC HEALTH
P.O. BOX 900
MORRISTOWN, NJ 07963-0900
(973) 631-5184



Public Health
Prevent. Promote. Protect.