

Transcript of Video-Audio with Sara Umphfleet, Dietician OSF HealthCare Saint Luke Medical Center in Kewanee

[The Teal Pumpkin Project](#) 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)

Umphfleet 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, Umphfleet 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)