

**Mayo Clinic Minute: How to keep kids with food allergies safe during Halloween**

Video	Audio
	There are monsters and masks, superheroes and surprises.
	But for some kids, it's the foods that can cause the fright – not the Halloween haunts.
<p><b>Arveen Bhasin, M.D.</b>  <b>Allergy and Immunology</b>  <b>Mayo Clinic</b></p>	<p>"It's a very concerning time, indeed, for parents of children who have food allergies."</p>
	<p>Dr. Arveen Bhasin (Bah-seen), a Mayo Clinic allergy specialist, says the nine most common food allergens include eggs, milk, soy, wheat, peanuts, tree nuts, fish, shellfish and sesame. Some of those can be found in popular Halloween candies.</p>
	<p>And knowing which candies can have potential allergens can be tough.</p>
	<p>"It's very important to remember that the fun-size candy bars, the ingredients in those are actually different than in the full-size candy bars. So it's critical for the parents to read the ingredients because what's safe in a full-size candy bar may not be safe in a fun-size candy bar."</p>
	<p>But since 2014, the Teal Pumpkin Project has made it easier for parents to identify houses that have safe alternatives for trick-or-treaters with food allergies.</p>
	<p>If there's a teal pumpkin outside the door, kids might find stickers, pencils or erasers instead of candy.</p>
	<p>So this Halloween, let the spiders and cemeteries do the scaring – not the sweets.</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan (Stee-pen).</p>