

Halloween Just Keeps Getting Yummier for Dairy-Free Kids

For most kids, Halloween is the ultimate. The one time of year when parents give a nod to the wreckless consumption of sugar. Yet, for kids with milk allergies, lactose intolerance, or other food sensitivities, those mini-Snickers are merely an evil temptress. Luckily, the options for little ones on special diets are improving dramatically with each passing holiday. Last year I wrote of several dairy-free Halloween treats (from YummyEarth lollipops to Amanda's Own kid-friendly chocolates), and these all still hold true ... but, this year we have even more options to add to the candy pile ...

Annie's Organic Halloween Fruit Snacks - Okay, so fruit and organic don't exactly sound like words to entice trick or treaters, but these gelatin-free (vegan) treats are still sweet little gummies sure to put a smile on the faces of little ghosts and goblins. Well, I will eat them if they don't! Annie's special Halloween Fruit Snacks are available exclusively at Whole Foods Markets for a limited time (I am guessing this means until Halloween). See the Annie's Website for more information.

Enjoy Life Boom Choco Boom Bars - These full-size bars might be a bit much for passing out to strangers, but they are a good option for trading with your allergic tot. They give you the M&M's they collected, and you hand them a Boom Choco Boom Bar in return, and I doubt they will feel gyped. They come in three varieties too, Crispy Rice, Dark Chocolate, and Rice Milk, and are produced specifically for food allergies (free from milk, peanuts, tree nuts, wheat, gluten, eggs, and soy! - no lecithin). The Crispy Rice bar does contain honey, but the other two versions are also vegan. See the Enjoy Life Website for more information.

Divvies BingGo! Chocolate Bars - This is another item that may be too extravagant to drop in Halloween buckets, but is a wonderful "trade-up" for kids who can't enjoy the candy they have been given. Divvies is a food allergy-friendly company, where nuts, milk, and eggs never enter their facility. Their chocolate does contain just a touch of soy in the form of lecithin though. Choose between the BingGo! Divvine Chocolate bar or the BingGo! Benjamint Crunch bar ... or enjoy them both! See the Divvies Website for more information.

Sjaak's Tub Bites - Sjaak's has been around for a while, but they just keep getting better, and keep expanding their vegan (dairy and egg-free) chocolate line. In the past year or so they have added fair trade to their already ethical standing, in addition to these wonderful new items called Tub Bites. These individually-wrapped little chocolates are perfect for handing out at Halloween (they are even housed in their own tub!), and come in several flavors (mint, orange, acai, almond butter, peanut butter, and ginger). Sjaak's does make milk chocolate, but you can read about their cleaning process for food allergies on their website, or give them a call to find out more. See the Sjaak's Website for more information.

Let me know if I have missed any Halloween treats that aren't on this list or this one. Happy Halloween!