



## A Gluten-Free Halloween

### Gluten-Free Halloween Candy List

This list was created on September 16, 2021. Please check the packages' ingredient lists before consuming any candies.

#### **Brach's**

- BRACH'S® Naturally Flavored Candy Corn (GF claim)

Reference: <https://www.brachs.com/products/halloween/naturally-flavored-candy-corn.html>

#### **Cadbury** – recommendation to check product packaging for most updated ingredients

- Cadbury® Crunchie
- Cadbury® Fudge
- Cadbury® Creme Egg
- Cadbury® Dairy Milk Buttons
- Cadbury® Mixed Buttons
- Cadbury® Giant Buttons
- Cadbury® Mini Eggs
- Cadbury® Mini Eggs Chocolate Bar
- Cadbury® Dairy Milk Chocolate Bar
- Cadbury® Caramilk
- Cadbury® Crunchie

Reference: <https://www.cadbury.co.uk/>

#### **Canada Candy Co.**

- Canada Candy Co® Jumbo Sour Soothers Candy (GF claim)

Reference: <https://candyfunhouse.ca/collections/gluten-free-candy/products/jumbo-sour-soothers-candy>

#### **Christie**

- Christie® Gluten Free Oreo Cookies (Certified GF)

Reference: [https://www.loblaws.ca/gluten-free-cookies/p/21361964\\_EA](https://www.loblaws.ca/gluten-free-cookies/p/21361964_EA)

#### **Enjoy Life** (all products are certified GF)

- EnjoyLife® Halloween Chocolate Minis Dark Chocolate
- EnjoyLife® Halloween Chocolate Minis Ricemilk
- EnjoyLife® Halloween Chocolate Minis Ricemilk Crunch

- EnjoyLife® Chocolate Bar Ricemilk

Reference: <https://enjoylifefoods.com/collections/chocolate>

**Hershey's Canada** - Strongly encourage reading all ingredient lists as products can change

- ALMOND JOY® Coconut and Almond Candy Bars
- BROOKESIDE® Dark Chocolate Acai and Blueberry Candy
- BROOKESIDE® Dark Chocolate Goji and Raspberry Flavors Candy
- BROOKESIDE® Whole Almonds in Milk Chocolate Candy
- HEATH® Milk Chocolate English Toffee Candy Bars
- HEATH® Snack Size Candy Bars
- HERSHEY'S® Creamy Milk Chocolate
- HERSHEY'S KISSES® Fall Harvest Foils Milk Chocolate Candy
- HERSHEY'S KISSES® Milk Chocolate Candy
- HERSHEY'S KISSES® Milk Chocolate Filled with Caramel Candy
- HERSHEY'S NUGGETS® Milk Chocolate Candy
- HERSHEY'S NUGGETS® Milk Chocolate with Almonds Candy
- MILK DUDS® Candy
- MOUNDS® Dark Chocolate and Coconut Snack Size Candy Bars
- PAYDAY® Peanut and Caramel Candy Bars
- REESE'S® Milk Chocolate Peanut Butter Cups
- REESE'S® Milk Chocolate Snack Size Peanut Butter Cups
- REESE'S® PIECES Peanut Butter Candy
- ROLO® Creamy Caramels in Rich Chocolate Candy
- ROLO® Halloween Creamy Caramels in Rich Chocolate Snack Size
- SKOR® Milk Chocolate with Crisp Butter Toffee Candy Bar
- YORK® Dark Chocolate Peppermint Patties

Reference: <https://www.hersheyland.com/products?additionalParams=%26x3%3DdietaryNeeds%26q3%3Dgluten-free>

**FritoLay** (GF claim on website)

- LAY'S® (*other varieties not listed*)
  - LAY'S® Classic Potato Chips
  - LAY'S® Wavy Original Potato Chips
  - LAY'S® Ketchup Flavoured Potato Chips
  - LAY'S® Oven Baked Original Potato Crisps
  - LAY'S® Oven Baked Sour Cream Potato Crisps
  - LAY'S® Waxy Original Potato Chips
  - LAY'S® Waxy Hickory BBQ Flavoured Potato Chips
  - LAY'S® STAX® Original Flavoured Potato Chips
  - LAY'S® STAX® Sour Cream & Onion Flavoured Potato Chips
- DORITOS® (*other varieties not listed*)
  - DORITOS® Bold BBQ Flavoured Tortilla Chips

- DORITOS® Cool Rand Flavoured Tortilla Chips
- DORITOS® Jalapeño & Cheddar Cheese Flavoured Tortilla Chips
- CHEETOS®
  - CHEETOS® Simply Crunchy White Cheddar Flavoured Snacks
  - CHEETOS® Simply Puffs White Cheddar Cheese Flavoured Snacks
- RUFFLES® (*other varieties not listed*)
  - RUFFLES® All Dressed Flavoured Potato Chips
  - RUFFLES® Regular Potato Chips
  - RUFFLES® Salt & Vinegar Potato Chips
  - RUFFLES® Smokehouse Barbecue Flavoured Potato Chips
  - RUFFLES® Sour Cream & Onion Flavoured Potato Chips

Reference: <https://www.fritolay.com/dietary-needs/gluten-free/canadian-gluten-free-products-and-products-not-containing-gluten>

### Happy Bites

- Happybites® Candy Corn (GF claim)

Reference: <https://www.eatplayhappy.com/products/happy-bites-candy-corn-1-pound?>

### Jelly Belly

- JellyBelly® Jelly Beans
- JellyBelly® Gourmet Candy Corn (GF claim)

Reference: <https://www.jellybelly.ca/faq-english>

[https://www.jellybelly.ca/candy-corn-16-oz-re-sealable-bag/p/9001\\_CANDY\\_CORN](https://www.jellybelly.ca/candy-corn-16-oz-re-sealable-bag/p/9001_CANDY_CORN)

Note: Website says they don't use any wheat, rye, barley or oats in the basic recipe.

### Jolly Rancher

- Jolly Rancher® Hard Candy
- Jolly Rancher® Fruity Sours
- Jolly Rancher® MISFITS Original Gummies

Reference: [https://www.loblaws.ca/misfits-original-gummies/p/21167000\\_EA](https://www.loblaws.ca/misfits-original-gummies/p/21167000_EA)

**Kinder** \* not all products are gluten-free, so please read the label

- KINDER® SURPRISE®
- KINDER® CHOCOLATE

Reference: <https://www.kinder.com/ca/en/kinder-seasonal#carousel-tab-4>

### Laffy Taffy

- LaffyTaffy® Watermelon Candy
- LaffyTaffy® Strawberry Candy
- LaffyTaffy® Laff Bites

- LaffyTaffy® Banana Ropes
- LaffyTaffy® Cherry Ropes
- LaffyTaffy® Strawberry Ropes
- LaffyTaffy® Banana Minis
- LaffyTaffy® Cherry Minis

Reference: <https://candyfunhouse.ca/products/laffy-taffy-rope>

**9) MARS Wrigley** (contacted support asking about GF) - no gluten free claims, but they state that they'll include any gluten containing ingredients. The following contain no gluten containing ingredients:

- SNICKERS® Bar
- SNICKERS® 4-Pack
- 3 Musketeers® Fun Size Halloween Chocolate Candy Bars
- M&M's® Milk Chocolate Candies
- M&M's® Peanuts
- M&M's® Peanut Butter Chocolate Candies
- M&M's® Milk Chocolate Minis
- M&M's® Fudge Brownie Dark Chocolate Candies
- M&M's® ALMOND Tablet With Minis
- M&M's® Caramel Milk Chocolate Candies
- Starburst® Original Chewy Candy (GF claim on label)
- LIFESAVERS® GUMMIES Candy 5 Flavors
- LIFESAVERS® HARD CANDY 5 Flavors
- SKITTLES® Original Candy (GF claim on label)
- SKITTLES® Sour Candy (GF claim on label)

Reference: <https://can.mars.com/en/contact-us>

<https://candyfunhouse.ca/collections/gluten-free-candy/products/skittles-theater-packs>

[https://www.loblaws.ca/caramel-bowl-size-stand-up-pouch/p/21019159\\_EA](https://www.loblaws.ca/caramel-bowl-size-stand-up-pouch/p/21019159_EA)

### **Maynard's**

- Maynards® Swedish Fish Candy
- Maynards® Sour Patch Kids Candy
- Maynards® Swedish Berries Candy
- Maynards® Fuzzy Peach Candy

Reference: <https://candyfunhouse.ca/collections/gluten-free-candy/products/swedish-fish-maynards>

**Nestle** \* Always recommend checking the packaging for the most up-to-date information

- AERO® Milk Chocolate Mini Bars
- AERO® Peppermint Milk Chocolate Bar
- AERO® Dark & Milk Chocolate Bars
- Butterfinger® Bar

- Goobers® Chocolate Covered Peanuts
- MACKINTOSH'S® Soft Caramels
- OH HENRY® Candy Bar (no gluten containing ingredients, but not labeled as GF)
- Raisinets® Milk Chocolate
- TURTLES® Classic Recipe
- TURTLES® Minis Classic Recipe
- TURTLES® Minis Salted Caramel

Reference: <https://www.corporate.nestle.ca/en/brands>

### **Peeps**

- PEEPS® Marshmallow Ghosts (GF claim)
- PEEPS® Marshmallow Spooky Cats (GF claim)

Reference: <https://www.peepsbrand.com/product/spooky-cats/>

### **Rockets**

- Rockets® Candy Rolls
- Giant Rockets® Rolls
- Rockets® Double Lollies
- Rockets® Super Double Lollies
- Rockets® Mega Double Lollies
- Rockets® Halloween Super Assortment

Reference: <https://www.rocketscandy.ca/our-candy/>

Note: Website includes gluten-free claim

### **Spangler Candy Co.**

- Spangler Candy Co® Dum-Dums Pops (GF claim)

Reference: <https://candyfunhouse.ca/collections/gluten-free-candy/products/dum-dums-pops-180-coun>

### **SweeTARTS**

- SweeTARTS® Original
- SweeTARTS® Mini Chewy

Reference: <https://www.sweetartscandy.com/products.html>

### **Toblerone**

- Toblerone® Milk Chocolate

Reference:

<https://mytoblerone.co.uk/pages/faq#:~:text=Does%20Toblerone%20contain%20Gluten%3F,not%20contain%20a ny%20gluten%20ingredients.>

## **Tootsie Roll Industries** (all their confections are GF at this time)

- Tootsie Roll ®
- Razzles ®
- DOTS ® Gumdrops
- Dubble Bubble ® Gum Balls
- Dubble Bubble ® Twist Gum

Reference:

<https://www.tootsie.com/faqs#:~:text=At%20this%20time%2C%20all%20of,the%20manufacturing%20of%20our%20products.>

## **Welch's**

- Welch's ® Fruit Snacks Mixed Fruit (GF claim)
- Welch's ® Fruit Snacks Superfruit Mix (GF claim)
- Welch's ® Fruit Snacks Berries 'n Cherries (GF claim)

Reference: <https://welchsfruitsnacks.ca/product-categories/fruit-snacks/>

Reference: <https://www.cadbury.co.uk/products>

## **WARNING: Gluten-Containing Candy**

The Following Halloween candies are not gluten-free, and therefore, not safe.

**Note:** These are only some common examples. Please check the packages' ingredient lists before consuming any candies.

- Cadbury ® Crispy Crunch
- Cadbury ® Mr. Big Bar
- Christie ® Oreo Mini Snak Pak
- Christie ® Original Oreo Cookies
- HERSHEY'S ® COOKIES 'N' CREME Candy Bar
- KINDER ® Bueno
- Nestle ® Coffee Crisp
- Nestle ® Kit Kat Chocolate Bar
- Nestle ® Crunch Chocolate Candy Bars
- Mars ® Bars
- STORCK ® Werther's Original Soft Caramel Candy
- STORCK ® Werther's Original Chewy Caramels
- SweetARTS ® Rope Bites
- Twizzlers ® Strawberry Twists
- Twizzlers ® Black Licorice Twists
- Twizzlers ® Cherry Super Nibs
- Twizzlers ® Cherry Nibs
- Twizzlers ® Goodies Party Bag
- Twix ® Cookie Bar

Reading ingredient lists and understanding food labels is essential, especially as we bring new candies into the home. Get additional help by clicking on the following CCA resource: [Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet.](#)

### Parent Tips for a Happier Halloween

Your child may be disappointed that they cannot eat all the candies they gather while trick or treating. Therefore, it is important to take some time to talk to your child and manage their expectations this Halloween. Below are some strategies and tips for a successful gluten-free Halloween:

- 1. Chat Before Halloween.** Take time to communicate to your child that they may not be able to keep all the candy they receive. This conversation will help manage their expectations at Halloween. During this time, please go through our gluten-free Halloween candy list with your child, and find their favourite allowed candies.
- 2. Household or Neighbourhood Candy Trade.** This strategy involves your children trading gluten-free candies for gluten-containing ones. This option is ideal for families with multiple children, some of whom have celiac disease (CD) and some who do not. For example, your daughter with CD could trade her Kit Kat bar (gluten-containing) to your son without CD in exchange for one of his gluten-free candies, such as Reese's Peanut Butter Cups. Does your child want to trade candy, but there are not any children in your household without celiac disease? No problem – expand the candy trade. See if any neighbourhood children would like to participate or perhaps some of your child's school friends are interested.
- 3. Donate.** Donating gluten-containing candy to your local food bank is a wonderful opportunity to teach your child the importance of helping others. Remind your child that many Canadian children are not fortunate enough to go trick or treating, and their actions will bring joy to other children. Your child may feel inspired to donate some of their gluten-free candy as well for other children with CD who will not get to go trick or treating.
- 4. Find Support in the CCA Facebook Group.** Our group has over 16,000 members, each with unique and helpful insight into living a gluten-free life. Connect with your peers by asking questions or by commenting on other's posts. [Check out the Facebook group here.](#) You can also reach out to the [Canadian Celiac Association](#) with additional questions or concerns.
- 5. Keep Back-Ups.** Before Halloween, take some time to bake some of your child's favourite GF cookies, or get them something small to make up for some of their lost candy. Some ideas include a new pack of crayons, a book they would like, a world map, a skipping rope, or a new stuffed animal.

### Additional References I used

- Beyond Celiac blog on gluten-free candy: <https://www.beyondceliac.org/gluten-free-diet/is-it-gluten-free/candy/>

- GF Easter Chocolate List – April 2021: <https://www.celiac.ca/gf-easter-chocolate-list-april-2021/>
- Halloween 2020 Gluten-Free Candy List - <https://celiac.org/gluten-free-living/gluten-free-foods/gluten-free-candy-list/>