



TEAL PUMPKIN PROJECT® PRESENTATION GUIDE

Every child should be able to experience the joy and tradition of trick-or-treating on Halloween. But kids with food allergies are often left out of the fun, since most candy is off limits. FARE's Teal Pumpkin Project helps make sure all children will come home on Halloween night or from Halloween events with something they can enjoy. It just takes one simple act: offering non-food treats, such as glow sticks or small toys, as an alternative to candy.

Below is a guide and script for how to present the Teal Pumpkin Project to a classroom or other school event. This guide is intended to accompany the Teal Pumpkin Project handouts and activities, which are available at tealpumpkinproject.org. Please note: Federal privacy laws such as the Federal Education Rights and Privacy Act (FERPA) protect children from having their medical information from being shared with other students, parents and non-essential school employees/volunteers.

The Teal Pumpkin Project is an effective tool for helping children better understand food allergies. We recommend this program be used to educate others on food allergies generally rather than discussing a particular child's health or food allergies specifically.

PRESENTATION GUIDE

Below you will find guidance on how to educate audiences about the Teal Pumpkin Project. Under each concept you will see a script for discussion with the group, as well as activities and call/responses scenarios.

KNOW THAT FOOD ALLERGIES ARE VERY SERIOUS

- **Question:** Does anyone know what a food allergy is?
 - **Answer:** A food allergy is when certain foods can hurt a person who is allergic to that food. It's hard to believe, but foods that you may eat every day can make other kids very sick.
- So, people with food allergies must never eat foods that they are allergic to. They have to be very careful to stay away from those foods to stay healthy.
- Let's play a game called "Would You Eat It?" I'm going to tell you about an item, and you raise your hand to tell me if you WOULD eat it or WOULD NOT eat it.

Would you eat...?

- A piece of candy that fell into the mud?
- A piece of cheese that had green mold all over it?
- Something your mom or dad told you was bad for you and said you should not even touch?
- **Question:** Why would you not eat those foods?
 - **Suggested Answer:** Because they could make you sick, make your tummy hurt, or even make you have to go to the hospital.

This is the same for kids with food allergies. They can't eat or even touch certain foods because they are bad for them.



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HELP ALL YOUR FRIENDS AND CLASSMATES HAVE FUN TOGETHER!

- **Question:** What things do you like to do with your friends?
 - **Suggested answers:** Play outside, play with toys, go the playground.
- Did you notice anything similar about those things? None of them had to do with eating!
- Halloween can be a tricky time for kids with food allergies. Many traditional Halloween treats aren't safe, but we just learned that a lot of the things you like to do with your friends don't need to include eating.

Even though kids with food allergies may not be able to eat all the same things as you, they're just the same as you in lots of ways. We want to include all our classmates and friends and have fun together.

The Teal Pumpkin Project helps create a safer, happier Halloween for EVERYONE!

- **Question:** If you see a teal pumpkin on Halloween night, what does that mean?
 - **Suggested answer:** non-food treats

By placing a teal pumpkin on your doorstep or hanging a teal pumpkin sign, you are letting trick-or-treaters know that you have non-food treats available.

- Use "A Guide to Non-Food Halloween Treats" Infographic to give examples

ACTIVITIES

- Coloring Sheet: <https://www.foodallergy.org/file/tpp-coloring.pdf>
 - Have students color their own teal pumpkin
- Abby's Halloween Story: https://www.foodallergy.org/file/TPP-Kids_Story.pdf
 - Place some of the words in the word bank into this short story of Abby's Halloween
- Halloween Word Match: https://www.foodallergy.org/file/TPP-Kids_Word-Match.pdf
 - Draw a line between the definition and Halloween word



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