

2013 Gluten-Free Halloween Candy & Treats

It's that time of year again: Candy-ween! :) This is the first year since our 9-year-old son has been diagnosed with Celiac too. Now there are two gluten-free goblins in our house. So I made myself this handy, alphabetized list of all the mainstream candies that should be gluten-free (as of Oct 29, 2013). I visited every single manufacturer's website and/or contacted them via phone or email to ensure no gluten comes into our house. It was no small task; it took over a week to complete!! But now I feel so much better about keeping our little man safe and healthy for his first gluten-free Halloween.

I created this list for my family's use and am posting it for your reference only. I can't possibly guarantee these to be gluten-free; ingredients often change and contamination can happen. So some information listed could contain unintentional errors. I strongly encourage you to check the ingredient label on each individual package before you eat anything. Also, there are some valuable Warnings at the end, so check those before diggin' into your haul. **Remember: when in doubt, leave it out!**

:) Happy Trick or Treating! - Noi

- # -

***3 Musketeers** - all flavors (*Around the holidays these *may be contaminated. See "Mars" Warning at the end of list*)

5 Gum (by Wrigley. Flavors include: Cobalt (peppermint), Electro (spearmint), Tempest (watermelon), Vortex (green apple) and Cirrus (blueberry))

- A -

Act II Popcorn Balls (*called Conagra, rep told me all Act II popcorn is 100% gluten-free*)

Almond Joy (*All, according to Hershey.com*)

Altoids (by Callard & Bowser. All except for Altoids Smalls, which contain wheat)

Andes MINTS (**only the actual mints* There are Andes COOKIES which are NOT safe. These Andes Cookies are Tootsie Roll's only gluten-containing product*)

Angry Birds Halloween Lollipop Rings (by Flix Candy, see more info in "Hurray!" section below)

Annie's Organic Bunny Fruit Snacks (*all flavors: Tropical Treat, Berry Patch, Sunny Citrus, Summer Strawberry, Pink Lemonade, Grapes Galore, Organic Orchard Grape, Organic Orchard Strawberry, Organic Orchard Cherry*)

Atomic Fireball (*individually wrapped may come from mix bag with gluten, but made by Ferrara in GF facility*)

- B -

Baby Ruth (*Original & Fun Size*)

Banana Splits Chews (*from Necco*)

Bazooka Big Mix (*includes bubble gum, bubble gum filled candy, candy chews, and bubble gum filled lollipops*)

Bazooka Baby Bottle Pops

Bazooka Big Mix (*includes bubble gum, bubble gum filled candy, candy chews, and bubble gum filled lollipops*)

Bazooka Push Pops

Bazooka Ring Pops

Bat Dots (*blood orange flavored*). Made by Tootsie Roll
Berry Chewy Lemonhead (*by Ferrara*)
Big Blow Bubblegum
Bit•O•Honey (*JUST sold to Pearson's on Sept 1, 2013: They're a dedicated GF facility!*)
Black Forest Juicy Oozers Gummy Fun Bugs (*made by Ferrara in GF facility*)
Bloody Bones Candy (*by Oak Leaf, produced in dedicated GF facility*)
Bloody Skulls Candy (*by Oak Leaf, produced in dedicated GF facility*)
Blow Pops (*by Charms, a division of Tootsie Roll, which is all GF except Andies Cookies*)
Blow Pop Minis (*also by Charms*)
Bob's Mint Hard Candy Balls (*individually wrapped - made by Ferrara in GF facility*)
Bob's Sweet Stripes (*by Ferrara*)
Boneheads Pouches (*by Oak Leaf, produced in dedicated GF facility*)
Boston Baked Beans (*made by Ferrara in GF facility*)
Brach's Bun Bars (*by Pearson's in a dedicated Gluten-Free facility!*)
Brach's Cinnamon Disks (*by Ferrara*)
Brach's Lemon Drops (Kosher) (*by Ferrara*)
***Butterfinger** (**Original ONLY [Regular & Fun Size]* excludes Butterfinger Crisp, Giant, Snackerz, Stixx, Medallions, Jingles, Hearts, & Pumpkins*)

- C -

Candy House Candy Buttons (*by Necco*)
Candy Corn Dots (*by Tootsie Roll*)
Candy Skulls and Bones (*fruit flavored hard candy, by Oak Leaf*)
Caramel Apple Pops (*by Tootsie Roll*)
Cella's Milk Chocolate Covered Cherries (*by Tootsie Roll*)
Cella's Dark Chocolate Covered Cherries (*by Tootsie Roll*)
Charleston Chew (*all, including Fun Size - by Tootsie Roll*)
Charms Blow Pops (*by Tootsie Roll*)
Charms Candy Carnival by Tootsie Roll, *includes: Blow Pops, Sugar Babies, Zip a Dee mini pops, Sugar Daddy, Pops, Sugar Mama Caramel, Tear Jerkers sour bubble gum, Blow Pop Bubble Gum*)
Charms Fluffy Stuff Cotton Candy (*by Tootsie Roll*)
Charms Pops (*by Tootsie Roll*)
Charms Sour Balls (*by Tootsie Roll*)
Charms Squares (*by Tootsie Roll*)
Charms Super Blow Pops (*by Tootsie Roll*)
Charms Sweet Pops (*by Tootsie Roll*)
Chewy Lemonhead & Friends (*made by Ferrara in GF facility*)
Cherry Head (*by Ferrara*)
Cherry Sours (*by Ferrara*)
Child's Play (*by Tootsie Roll*)
***Circus Peanuts** (*ONLY those that say "Spangler" on them*)
Cracker Jacks (*by Frito Lay. Flavors: Butter Toffee Flavored Popcorn, French Vanilla Flavored Popcorn, Kettle Corn Popcorn, Original Caramel Coated Popcorn & Peanuts, Salted Caramel Sweet 'N Savory Popcorn Clusters*)
Creatures in Jars (*sold by Wal-Mart, made by Flix Candy, see more info in "Hurray!" section below*)
Crows (*by Tootsie Roll*)
Cry Baby (*by Tootsie Roll*)

- D -

Dots Gumdrops – including Candy Corn Dots (*candy corn flavored*), Ghost Dots (*assorted fruit flavored*), and Bat Dots (*blood orange flavored*). Made by Tootsie Roll

***Dove Pieces** (*SAFE: Dark Chocolate, Peanut Butter Milk Chocolate, Caramel Milk Chocolate. *DON'T EAT: [Dove Milk Chocolate](#), [cinnamon graham](#) and [cookies & cream](#)*)

Dubble Bubble Bubblegum (*ALL - made by Tootsie Roll*)

Dum Dum Lollipops (*All - made by Spangler, which only produces GF candy*)

Dum Dum Chewy Pops (*All - made by Spangler, which only produces GF candy*)

- E -

ECLIPSE Ice Gum (*Peppermint, Spearmint*)

ECLIPSE Mints Gum (*Peppermint, Spearmint, Cool Breeze, Intense, Berry*)

Endangered Species Chocolates *Certified GF by GFCO. Look for circle GF logo*

EXTRA Gum (*Peppermint, Spearmint, Sweetmint, Strawberry*)

EXTRA Professional Gum (*Strongmint, Spearmint, White and Lemon Lime*)

Extra Active Gum (*Berry, Peppermint, Spearmint, Watermelon*)

- F -

Farley's Kiddie Mix (*While all ingredients are gluten-free, this mix includes Smarties* [see "Smarties" warning below], SweetTarts [see "SweetTarts" warning below], Now and Later, Jaw Breakers, Super Bubble and Lolli-pops. Can be contaminated due to rebagging*)

Fluffy Stuff Cotton Candy (*by Tootsie Roll*)

Fruit by the Foot (*by General Mills*)

Fruit Gushers (*by General Mills*)

Fruit Roll Ups (*by General Mills*)

Fruit Rolls (*by Tootsie Roll*)

Fruit Smoothie Pops (*by Tootsie Roll*)

Fruit Snacks (*All by Ferrara, Black Forest or Trolli*)

Frooties (*by Tootsie Roll*)

***Fun Dip** (*by Wonka - see "Warnings" section below for their disclaimer*)

***Fun Dip Sour** (*by Wonka - see "Warnings" section below for their disclaimer*)

- G -

Giant Pixy Stix (*by Wonka - see "Warnings" section below for their disclaimer*)

***GOLDENBERG'S PEANUT CHEWS** (*including Bite-Size Chewy Pieces Combo bag, Milk Chocolatey and Original Dark*)** ONLY if it says GF on the package. See Just Born note below

Goobers

Ghost Dots (*by Tootsie Roll*)

Grape Head (*by Ferrara*)

Gummies (*All by Ferrara, Black Forest or Trolli*)

Gumballs (*by Ferrara*)

Gummy Boo Bands (*by Flix Candy, see more info in "Hurray!" section below*)

- H -

Halloween Fruit Flavored Snacks (*by Betty Crocker*)

Haviland Mints (*Thin Mints, Wintergreen Patty, Nonpareils and Chocolate Stars, per Necco.com*)

Heath (*all bars, according to Hershey.com*)

***Hershey's Kisses - Milk Chocolate ONLY** (*according to Hershey.com there's contamination of all other non-filled flavors*)

***Hershey's Kisses Filled Chocolate Kisses - ALL**

***Hershey's Milk Chocolate Bar SNACK SIZE ONLY** (1.55 oz only, according to Hershey.com) So toss those full sized Hershey's bars - they're contaminated!!!

***Hershey's Milk Chocolate with Almonds SNACK SIZE ONLY** (1.45 oz only, according to Hershey.com)

Hershey's Nuggets Candies (all nuggets, according to Hershey.com)

***HOT TAMALES** ONLY if it says GF on the package. See "Just Born" note below

***Hubba Bubba Gum** (*ONLY Grape, Strawberry, Cola flavors are safe according to Wrigley.com)

- J -

Jawbuster (individually wrapped may come from gluten-contaminated mix bag - made by Ferrara in GF facility)

Jawbreakers (by Ferrara)

Jellies (all by Ferrara, including Gum Drops, Orange Slices, Cherry Slices, etc)

Jelly Beans (all from Ferrara)

***Jelly Belly Jelly Beans** While ingredients are GF, they may be cross-contaminated. See Jelly Belly info in the WARNINGS section below

Jolly Rancher Hard Candy (Safe according to Hershey phone customer support)

Junior Caramels (by Tootsie Roll)

Junior Mints (All, including fun size - by Tootsie Roll)

Juicyfruit Gum

Jujubes Theatre Box (big 6.5 oz box)

Juicy Oozers Gummy Fun Bugs (made by Ferrara in GF facility)

Just Born Marshmallow Treats (Only if it says GlutenFree on the package. See "Just Born" in Warnings below)

Justin's All Natural Milk Chocolate Peanut Butter Cups (All Justin's Products are SAFE as they're certified by GFCO!)

Justin's All Natural Dark Chocolate Peanut Butter Cups (All Justin's Products are SAFE as they're certified by GFCO!)

Justin's All Natural Milk Chocolate Peanut Candy Bar (All Justin's Products are SAFE as they're certified by GFCO!)

Justin's All Natural Dark Chocolate Peanut Candy Bar (All Justin's Products are SAFE as they're certified by GFCO!)

Justin's All Natural Milk Chocolate Almond Candy Bar (All Justin's Products are SAFE as they're certified by GFCO!)

- K -

Kraft Jet-Puffed Marshmallows including Halloween Shapes (Boo Mallows, Ghost Mallows - Kraft will list any possibility of contamination in the ingredients)

- L -

Lemon Drops (by Ferrara, in GF facility)

Lemonheads (individually wrapped & Theatre Box - made by Ferrara in GF facility)

Lemonhead & Friends (by Ferrara, in GF facility)

LifeSaver Gummies (All Flavors, by Wrigley)

LifeSaver Hard Candy (All Flavors, by Wrigley)

LifeSaver Jelly Beans (All Flavors, by Wrigley)

LifeSaver Mints (All Flavors, by Wrigley)

- M -

M&M's Original, peanut and peanut butter (all EXCEPT Pretzel M&M's)

Mallow Pops and Gummy Theater Boxes (by Flix Candy, see more info in "Hurray!" section below)

Mary Jane

Mary Jane Peanut Butter Kisses (Halloween only, per Necco.com)

Milk Duds

***MIKE AND IKE** (Only if it says GlutenFree on the package. See "Just Born" in Warnings below)

****Milky Way Midnight** - NOT ORIGINAL!!! May be cross contaminated.

****Milky Way Simply Carmel** - NOT ORIGINAL!!! May be cross contaminated.

Mint Julep Chews (from Necco)

Mint Patties (made by Pearson's: it's a dedicated Gluten-Free facility!)

Monsters U. Mixed Candy Bags (by Flix Candy, see more info in "Hurray!" section below)

Mounds (all bars, according to Hershey.com)

***Munch Nut Bar** by Mars -- but you should check the labels per Mars customer service

- N -

Necco Chocolate Wafers

Necco Lozenges: Canada-Mint, Wintergreen & Spearmint

Necco Stars

Necco Wafers

Nestle Baby Ruth

Nestle Bit-O-Honey

Nestle Butterfinger (but NOT the Butterfinger Crisp or the Butterfinger Stixx, Giant, Snackerz, Medallions, Jingles, Hearts, or Pumpkins)

Nestle Goobers

Nestle Nips (regular and sugar-free)

Nestle Oh Henry! Bar

Nestle Raisinets (All varieties: Cherry, Cranberry, Dark Chocolate, Milk Chocolate)

Nestle Sno-Caps

Nips (regular and sugar free)

Now and Later (by Ferrarra. No gluten, in GF facility)

Nut Goodie (by Pearson's in a dedicated Gluten-Free facility!)

Nut Roll (by Pearson's in a dedicated Gluten-Free facility!)

- O -

Oak Leaf Gum (by Sweet Leaf Confections' Oak Leaf, produced in dedicated GF facility)

Oak Leaf Jawbreakers (by Sweet Leaf Confections' Oak Leaf, produced in dedicated GF facility)

Oak Leaf Pressed Candy (by Sweet Leaf Confections' Oak Leaf, produced in dedicated GF facility. See Note and contact information at end) Pressed candy shapes in all colors and shapes, specifically for Halloween:

Bloody Bones Candy

Teddy Bears Candy

Boneheads Pouches

Orange & Black Skulls

Bloody Skulls Candy

Skulls and Bones Candy

Skulls Candy

Orange & Black Skulls (by Oak Leaf, produced in dedicated GF facility)

Original Nut Goodie (by Pearson's in a dedicated Gluten-Free facility!)

- P -

P.K Gum (by Wrigley in Peppermint & Blue flavors)

Peanut M&M's

***PEANUT CHEWS** *ONLY if it says GF on the package. See Just Born note below

Pearson's Bun Bars (called Pearson's: it's a dedicated Gluten-Free facility!)

Pearson's Mint Patties (called Pearson's: it's a dedicated Gluten-Free facility!)

Pearson's Original Nut Goodie (called Pearson's: it's a dedicated Gluten-Free facility!)

Pearson's Salted Nut Roll (called Pearson's: it's a dedicated Gluten-Free facility!)

***Peeps** Most are GF (including the Halloween specialty Peeps like Ghosts & Pumpkins & Cats). Packaging will say GF if it's safe to eat. See "Just Born" note below for more info

Pez candy - All

Pop Rocks

Pops Galore (by Tootsie Roll)

Push Pops (by Bazooka)

Pixy Stix (by Wonka - see "Warnings" section below for their disclaimer)

- R -

Razzles (by Tootsie Roll)

Raisinets (All varieties: Cherry, Cranberry, Dark Chocolate, Milk Chocolate)

Red Hot's (made by Ferrara in GF facility)

Reese's Peanut Butter Cups (all sizes EXCEPT Seasonal Shaped Items, according to Hershey phone customer support. Those you can check the packages; they'll label Gluten)

Reese's Pieces (contains no gluten ingredients, according to Hershey phone customer support.)

Ring Pops (by Bazooka)

Root Beer Barrels (individually wrapped - made by Ferrara in GF facility)

- S -

Saf-T-Pops (All - made by Spangler, which only produces GF candy)

Salted Nut Roll (by Pearson's in a dedicated Gluten-Free facility!)

****Sathers Kiddie Mix** (by Ferrara Candy. Includes: Smarties, Applehead, Rainblo Pops, Now & Later, Super Bubble, Jawbusters, **Mini Cow Tales**, Airheads, Lemonhead, Cherryhead, "Chewy Lemonhead and Friends" and Warheads. The Cow Tales contain wheat, so unless you know that each of these products came from a dedicated package and not the Kiddie Mix bag, they may be contaminated.)

Shrek Pops - made by Spangler, which only produces GF candy

Sixlets (by Sweet Leaf Confections' Oak Leaf, produced in dedicated GF facility)

Skittles (by Wrigley, says "GlutenFree" right on the package. Including fun size)

Skittles Blenders (by Wrigley. All, including fun size)

Skittles Crazy Cores (by Wrigley. All, including fun size)

Skittles Riddles (by Wrigley. All, including fun size)

Skittles Sour (by Wrigley. All, including fun size)

Skittles Tropical (by Wrigley. All, including fun size)

Skittles Wild Berry (by Wrigley. All, including fun size) **SKOR Toffee Bar** (all, according to Hershey.com)

***Smarties** May be cross-contaminated because of packaging. From their website: "**If the UPC number on the packaging begins with "0 11206"**", you can be assured that it is manufactured in a facility that is gluten free and safe to eat if you have Celiac Disease." Problem is.. you can only see that number on the big bag/package. So we throw them out and buy a bag where we can see the UPC # - cause my boys LOVE Smarties!!!!

Skulls and Bones Candy (by Oak Leaf, produced in dedicated GF facility)

Skulls Candy (by Oak Leaf, produced in dedicated GF facility)

Skybar (by NECCO)

Snickers (All flavors and sizes, including miniature & fun size, **EXCEPT: Snickers Egg Shapes & Ice Cream Products**)

Snickers Almond (all flavors and sizes)

Snickers Bites (all flavors and sizes)

Snickers Dark (all flavors and sizes)

Snickers Fudge (all flavors and sizes)

Snickers PB Squared (all flavors and sizes)

Sno-Caps (by Nestley)

Sour Patch Candies (flavors listed next.. We eat these all the time, but they're made by Mondelēz International, who doesn't guarantee this candy to be GF - although no gluten ingredients are listed. I think it's a general CYA statement, but see "Mondelez" note in "Warnings" below to make your own assessment.)

Sour Patch Berries (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Blue Raspberry (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Cherry (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Kids (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Extreme (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Peach (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Watermelon (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Sour Patch Xploders (by Mondelēz International, who doesn't guarantee GF although no gluten ingredients are listed. See "Mondelez" note in "Warnings" below)

Spongebob Squarepants Fruit Flavored Snacks by Kellogg's

Spooky Lip Pops (by Flix Candy, see more info in "Hurray!" section below)

Starburst (by Wrigley. Gluten Free in the US. Other countries, like Australia, it has wheat)

Sugar Babies (by Tootsie Roll)

Sugar Daddy Pops (by Tootsie Roll)

Sugar Mama Caramels (by Tootsie Roll)

Sugar Daddy Caramel Pops (by Tootsie Roll)

Super-Bubble Original Bubble (individually wrapped - made by Ferrara in GF facility)

Surf Sweets ("Our products are both manufactured without wheat and made in a facility that is free of wheat, making them suitable for people with celiac disease or following a gluten-free diet." see more under "Hurray!" below)

Surf Sweets Sour Gummies

Surf Sweets Fruity Bears (all, including Trick or Treat Pack)

Surf Sweets Watermelon Rings

Surf Sweets Peach Rings

Surf Sweets Gummy Worms

Surf Sweets Sour Worms

Surf Sweets Gummy Swirls

Surf Sweets Gummy Bears

Surf Sweets Jelly Beans (All)

Surf Sweets Sour Berry Bears

Surf Sweets Spooky Spiders

Swedish Fish (by Mondelez International, who doesn't guarantee GF but we eat these all the time. See "Mondelez" note in "Warnings" below)

***Sweetarts** don't contain gluten, but there's 50% chance of cross contamination.

Sweetarts are made in two different plants: one is GF and the other is on a contaminated line. So if you're worried about contamination, you must read each label (which, is unfortunately on the big, outer bag) for "processed in facility with wheat." So for Trick or Treat candy, you have to throw all individual packages of Sweetarts to avoid possible contamination. See more under "Warnings" below

T -

***TEENEE BEANEE** ONLY if it says GF on the package. See Just Born note below

Teddy Bears Candy (by Oak Leaf, produced in dedicated GF facility)

Tootsie Pops (by Tootsie Roll, see more information in "Hurray!" section below)

Tootsie Peppermint Pops (by Tootsie Roll)

Tootsie Pop Drops (original and miniatures)

Tootsie Rolls Midgies (by Tootsie Roll)

Tootsie Rolls (by Tootsie Roll)

Tootsie Rolls Fruit Rolls (by Tootsie Roll)

Trolli Classic Gummi Bears (by Ferrarra in dedicated GF facility)

Trolli Gummi Halloween Mix (by Ferrarra. Includes SOUR BRITE CRAWLERS, BIG BOLD BEARS, EVIL TWINS, SOUR BRITE EGGS)

Tropical Chewy Lemonhead (by Ferrara)

- W -

Wack-O-Wax (by Tootsie Roll)

Wal-Mart's Creatures in Jars (by Flix Candy, see more info in "Hurray!" section below)

Warheads (by Impact Confections. All products -EXCEPT [Warhead Sour Twists](#)!- contain no gluten ingredients)

Warheads Extreme Sour Hard Candy (all sizes, by Impact Confections. Contains no gluten ingredients)

Warheads Sour QBZ Chewy Cubes (by Impact Confections. Contains no gluten ingredients)

Warheads Super Sour Spray Candy (all flavors, by Impact Confections. Contains no gluten ingredients)

Warheads Sour Dippers (all flavors, by Impact Confections. Contains no gluten ingredients)

Warheads Double Drops (all flavors, by Impact Confections. Contains no gluten ingredients)

Welches Fruit Snacks (Gluten-free, according to [WelchsFruitSnacks.com](#))

Wild 'N Fruity Gummi Worms (by Ferrara)

Wonka Laffy Taffy All (by Wonka - see "Warnings" section below for their disclaimer)

Wonka Giant Pixy Stix (by Wonka - see "Warnings" section below for their disclaimer)

Wonka Laffy Taffy Ropes (by Wonka - see "Warnings" section below for their disclaimer)

Wonka Pixy Stix (by Wonka - see "Warnings" section below for their disclaimer)

- Y -

York Peppermint Patties (all, according to [Hershey.com](#))

- Z -

Zip-A-Dee-Mini Pops (by Tootsie Roll)

WARNING! THE FOLLOWING CANDIES (in red) CONTAIN GLUTEN**

AIRHEADS

Airheads Xtremes and Belts contain wheat flour

ANNABELLE'S

Rocky Road – contains barley malt and wheat flour

BRACH'S

All Brach's candy should be considered NOT gluten-free

Ferrara Candy

Ferrara Candy has great allergy disclosures on their site. They don't have a gluten free section, so you have to go through the incredibly time-consuming effort of finding and clicking on each product - of which there are MANY! This section alone took me HOURS!!! They make many GF products & are good about disclosing that others that may be contaminated. Here's what they say:

For things non-GF things like Brach's Candy Corn, they don't make any "free of" claims and say *"This product was manufactured in a facility where milk, eggs, tree nuts, peanuts, wheat and soy are used in the production of other products."*

For the Gluten-free items I included in the list above, they say *"A Gluten Free Food -This product was manufactured in a facility where [other allergens] are used in the production of other products." Wheat is not in the ingredients, nor in the facility in which these products are made.*

However! All candy included in the ****Sathers Kiddie Mix** or the ****Sathers Halloween Treats mix** can be contaminated because the **Cow Tales** in these popular mix bags contain wheat. So if you're super sensitive, unless you know that each of these products came from a dedicated package with only that and not the Kiddie Mix bag, assume they may be contaminated.

The Kiddie Mix includes: *Smarties, Applehead, Rainblo Pops, Now & Later, Super Bubble, Jawbusters, **Mini Cow Tales**, Airheads, Lemonhead, Cherryhead, "Chewy Lemonhead and Friends" and Warheads*

The Halloween Treats Mix includes: *Rainblo Pops, Now & Later, **Candy Corn**, **Mini Cow Tales**, Lemonhead, "Chewy Lemonhead and Friends," Chewy Red Hots and JuJyfruits.*

Other **Ferrara Candies** that are **not gluten-free** (made in wheat facility):

- Brach's Autumn Mix
- Brach's Autumn Mix
- Brach's Candy Corn
- Brach's Candy Corn and Nut Mix
- Brach's Chocolate Bridge Mix
- Brach's Indian Corn
- Brach's Mellocreme Pumpkins
- Brach's Milk Maid Caramels - all
- Brach's S'Mores Candy Corn
- Chuckles Theater Box
- Juju Assorted Fruit
- JuJyFruits - all
- Maple Nut Goodies
- Mini Cow Tales

HERSHEY (www.thehersheycompany.com/brands/special-nutrition.aspx#/Gluten-Free)

Hershey's Air Delight

Hershey's Cookies 'N' Creme Bar
Hershey's Extra Dark Chocolate
Hershey's Milk Chocolate Drops
Hershey's Miniatures
Hershey's Nuggets
Hershey's Special Dark Bar
Mr. Goodbar
Symphony Bar
Kit Kat
Twizzlers – contains wheat
Whoppers – contains barley malt and wheat flour

JELLY BELLY

Their website says that their Jelly Beans “don’t contain gluten ingredients” so last year I emailed them to see if they could be cross contaminated. Here’s the very helpful (although disheartening) reply I received:

"Although most of our product are gluten free, we do have a handful of items that do contain gluten. These items include Chocolate Malt Balls, Chocolate Deluxe Mix, Seasonal Malt Balls, Licorice Bridge Mix, and Licorice Pastels.

All other product do not contain any gluten in the ingredients, however, our factories are not gluten-free since we do make the above items listed in the same factories. We do tag and chemically wash/sanitize all equipment that come in contact with major allergenic ingredients, however, if you have any concern for even the tiniest of chance of cross contamination, we would have to advise against eating any of our products.

Sorry."

So while I, the super-sensitive Celiac who knows when I get the slightest TINGE of gluten, choose not to ingest any Jelly Belly products, I will allow the Jelly Beans in the house for the rest of the family. But please consider your own sensitivity level based on their reply above....

JUST BORN

The makers of the infamous Peep line of Holiday treats, Just Born, doesn’t publish a list of Gluten Free products. They do say on their website “We offer many gluten-free products under the MIKE AND IKE®, HOT TAMALES®, PEEPS®, GOLDENBERG'S PEANUT CHEWS®, TEENEE BEANEE® and JUST BORN® brands.” But then they go on to state “some of our products may be manufactured and/or packaged in a facility that may also handle non gluten-free products, we encourage consumers to read the labels carefully for the most up-to-date ingredient and allergen information.”

So I called and spoke to wonderfully helpful rep about their Gluten Free status. While they won’t post a GF list, the rep said that most of their products are GF and are labeled as such. They’re just very conscientious about their labeling and don’t want to publish a list that can change can go out of date. So if it says Gluten Free on the package, then she said there are no gluten ingredients and no possibility for Cross Contamination. But (and this is where the cautionary **’s come in) if any of their products have been repackaged (like their Snack Sized, individually-wrapped Chicks), they may be cross contaminated. So for Just Born, it’s seems I can trust the labeling on the package.

MARS

The Mars Corporation makes **M&M's, Dove, Snickers, Skittles, Starburst, Wrigley** and more. Mars warns us to always check the labels of each of their products - especially now when candy production is high - even if a product normally is gluten-free. Apparently, during busy times (like Halloween), Mars uses additional factories to meet it’s demand & some of those facilities could introduce cross-contamination risks. The company says it will label any gluten ingredients or

possibility of cross-contamination. So look for the warning "May contain wheat" on the labels of all Mars candies.

But the following Mars items are always bad:

- M&M Pretzel flavor
- Some packages of M&M Mint and M&M Coconut flavors
- Milky Way Bar (all)
- Mars Bar (all)
- Mars Combos (a snack mix)

Mondelēz International

The makers of Sour Patch Kids. From their website: "**Gluten** content can almost always be determined from the label, and the most accurate information can be found by checking the ingredient list on our packages. For labeling purposes, Mondelēz International includes wheat, barley, rye and oats as sources of **gluten**. Our packages identify **gluten** by listing these common sources. Other grains that contain **gluten** are triticale, spelt, kamut, mir and farina, and if these grains are included in our products, they will also be labeled. However you should know that we do not guarantee that our products are gluten-free because we sometimes purchase flavoring, color or spice ingredients from suppliers who do not list every possible source of **gluten** beyond what is required by law.

We do not have a list of gluten-free products and, unless labeled as such, do not guarantee that our products are gluten-free. Formulations and ingredients change too frequently to ensure that such lists are always up-to-date and accurate. We highly encourage you to carefully read the ingredient statements on all food labels each time you make food selections. This enables you to obtain the most accurate ingredient information for the specific products you select. It also allows you to get the most current information since ingredients in products may change over time. For Mondelēz International -branded products that contain vinegar, information from our vinegar suppliers assures us that the vinegar we use in our products is **gluten** free."

NESTLE

- Butterfinger Crisp Bar
- Butterfinger Giant Bar
- Butterfinger Snackerz
- Butterfinger Medallions
- Butterfinger Jingles
- Butterfinger Hearts
- Butterfinger Pumpkins
- Sweetarts - can be contaminated (see listing above)
- Wonka Bar (all flavors)
- Chewy Spree
- Everlasting Gobstoppers
- 100 Grand Bar

NECCO

Clark Bars - NOT listed on the Necco GF list, so don't eat them!

SMARTIES

"All Smarties products are gluten-free and safe to eat for people with Celiac Disease. Furthermore, Smarties products are manufactured in facilities that produce exclusively gluten-free candies.... There are some products with the Smarties brand that are not manufactured by Smarties Candy Company. We recommend always checking a product's ingredients prior to purchase. Additionally, if the UPC number on the packaging begins with "0 11206", you can be assured that the product is gluten-free, manufactured in a facility that is gluten-free and safe to eat for people with Celiac Disease." **HOWEVER**, "Smarties Gummies ingredients are gluten-free, but because they are made

in a facility that processes other ingredients, they may contain traces of peanut, milk, wheat and soy and are not recommended for those with Celiac Disease.”

WONKA

Called them Oct 29, 2013. They must be getting a lot of gluten-related calls, because within two prompts of the automated call system, I was treated to a “Gluten Allergy Information” pre-recorded message. They’ve updated to say that only THREE of the Wonka Products are considered GF: Laffy Taffy, Pixie Sticks and Fun Dip. But even then, they don’t test products and say specifically that trace amounts could present. All of the following should NOT be consumed on a GF diet

Wonka Bottlecaps

Wonka Bars (ALL have gluten)

Wonka Giant Chewy Nerds Jelly Beans

Wonka Gobstopper Everlasting

Wonka Gobstopper Chewy

Wonka Gummies

Wonka Kazoozles

Wonka Mix-Ups

Wonka Monster Mix-Ups (*includes SweetTarts Skulls and Bones, Spooky Nerds, Howlin’ Laffy Taffy*)

Wonka Nerds

Wonka Runts

Wonka Runts Chewy

Wonka SweetTarts

Wonka Sweetarts

Wonka Sweetarts Chew

Wonka Sweetarts Giant Chewy

Wonka Sweetarts Mini Chew

Wonka Sweetarts Chewy Twists

Wonka Sweetarts Shockers

Sweetarts Gummy Bugs

Sweetarts Rope

Wonka Tart N Tinys

Wonka Tart N Tinys Chew

Wonka Spree

Wonka SweetTarts Boo Bag Mix

WRIGLEY’S

Altoids Chocolate Dipped Mints (made on equipment that also processes wheat)

Altoids Smalls Peppermint Mints (contains wheat maltodextrin)

Hubba Bubba Gummi Tape Candy (contains wheat flour and wheat fiber)

Lucas and Swinkles Branded Candy Strips (contains wheat flour and wheat fiber)

HURRAY!! These companies go out of their way with gluten-free*

Surf Sweets

Yay! A company making completely allergy-friendly, yummy candy! Here's what they say: *"Our products are both manufactured without wheat and made in a facility that is free of wheat, making them suitable for people with celiac disease or following a gluten-free diet. (Note: we do random testing on finished product down to 5PPM for gluten and have never had a positive test result.)"*

All Surf Sweets are made and packaged in a facility free of the 10 most common food allergens, including dairy/casein, eggs, peanuts, tree nuts, wheat, soy, fish, shellfish, sesame and sulfites."

SweetWorks/Oak Leaf Confections

SweetWorks makes a lot of those little packages of Halloween themed "pressed candies" - you know the hard little skulls and bones that our boy LOVES. Well, they have a list of totally GF stuff - which are all listed above under "O" for Oak Leaf, which is what the packages say. Here's what they say about their GF offerings:

"SweetWorks® Oak Leaf Facility - Toronto"

All confections produced at SweetWorks' 148,000 square-foot Toronto plant are nut-free and gluten-free. In addition, all of the products produced here are Kosher except for Sixlets® which are Kosher Dairy. SweetWorks' Oak Leaf plant produces:

Celebration by SweetWorks - Gumball, Sixlets and Pearls.

Oak Leaf Bubble and other Gums

Oak Leaf Jawbreakers

Oak Leaf Pressed candy products in all colors and shapes, for all occasions.

Sixlets"

Tootsie Roll

Yay, Toot-Toot-Tootsie! Every single Tootsie Roll Industries product is GF except Andies Cookies. So let's all sing "Toot Toot Tootsie, goodbye... to GLUTEN." :)

"Tootsie provides the most accurate and updated ingredient statements for each of its products. Consult the Nutrition Chart for each product to determine whether a candy or gum fits into your dietary plan."

All Tootsie products are:

- *Gluten-Free (All Tootsie products are gluten free except Andes cookies.)*
- *Peanut-Free*
- *Nut Product-Free*

Tootsie does not use wheat, barley, rye, oats, triticale, spelt, or any of their components, either as ingredients or as part of the manufacturing process."

Flix Candy

Flix Candy makes ever-changing, themed promotional candies, like Monsters U and Angry Birds. I emailed them to see what, if any products were GF and all but one is! Yay! Here's what they said:

*"Thanks so much for the interest in our products. I checked with our Director of Quality, and we only have one Halloween item currently out on the market that I would avoid as it is made in a factory with possible exposure to gluten ingredients. That would be our **Box of Boogers**. Otherwise, your family should be fine consuming our Spooky Lip Pops, Monsters U. Mixed Candy Bags, Mallow Pops and Gummy Theater Boxes, gummy Boo Bands, Angry Birds Halloween Lollipop Rings and Wal-Mart's Creatures in Jars."*

Manufacturer's Websites

Annie's	www.annies.com/products/fruit-snacks/
Albert's	www.albertscandy.com/Alberts/ContactUs/Default.aspx
Dum Dum	www.dumdumps.com/gluten-free-halloween-candy
Endangered Species	www.chocolatebar.com/pages.php?pageid=55
Ferrara	http://items.ferrarausa.com/
Frito Lay	www.fritolay.com/your-health/us-products-not-containing-gluten-ingredients.html
Hershey	<i>Hershey only has partial list of GF online, so I called 800.468.1714 too</i> www.thehersheycompany.com/brands/special-nutrition.aspx#/Gluten-Free
Jelly Belly	www.jellybelly.com/Info/customerservice/frequently_asked_questions
Just Born	www.justborn.com/get-to-know-us/faqs#Are%20your%20candies%20gluten-free?
Justin's	www.justins.com/productsCandy.php
Mars	http://us.mms.com/us/legal/allergen.html
Milky Way	www.milkywaybar.com/nutrition
Necco	www.necco.com/FAQs.aspx
Smarties	www.smarties.com/product/gluten-free/
Sour Patch	http://mdlz.custhelp.com/app/answers/detail/a_id/2277/kw/gluten
Spangler	www.spanglercandy.com/faqs/gluten-information
Starburst	www.wrigley.com/global/brands/starburst.aspx#panel-3z
Sweet Leaf (Sixlets)	http://sweetworks.net/wp-content/uploads/2013/09/FINAL-SweetWorks-Gluten-Free-and-Other-1.pdf
Tootsie	www.tootsie.com/health_info.php
Warheads	www.warheads.com/pdf/WARHEADS%20NUTRITION%20INFORMATION.pdf
Wonka	800-358-1971
Wrigley	www.wrigley.com/aunz/brands/gluten_list.pdf

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