



October 28, 2016 – Grand Rapids, MI

## The Teal Pumpkin Project

Halloween is Monday, and I happened to check out a local news story about The Teal Pumpkin Project. It began in eastern Tennessee and has been adopted nationally by the Food Allergy and Education (FARE) group. In a nutshell, the Teal Pumpkin Project does just that: tries to keep kids with allergies to nuts, eggs, and other food allergens safe by providing non-food treats to kids.



Paula and I have done this in the past before we even heard of the Teal Pumpkin (primarily to limit our own exposure to candy, because those Snickers aren't going to last until Halloween), and we found that kids were just as pleased to choose a toy or scrunchy or light-up pen. Paula offers this shopping tip: stock up for next year when all the stores have Halloween party favors on clearance. Unlike candy, the toys will still be good as new.

Where does the teal pumpkin come in? It's used as a symbol that your home has non-food treats. That allows kids who normally couldn't accept candy to enjoy Halloween just like every other kid. Check out the link in the references to find out more.

Just like the Kids Marathon, the Teal Pumpkin Project provides a safe way for kids to participate with other kids. I think it's important to their health. Starting healthy habits when they're young can have a lifetime of benefits.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://bit.ly/2ezsmh1>

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