

The Teal Pumpkin Project: Promoting Inclusivity

Offer non-food treats this All Hallows' Eve!

Directions: Read the article and then answer the questions using evidence from the article.

By Jennifer Sobalvarro

Costumes, candies, parties, and fun are common characteristics of every Halloween celebration. While most children merrily screech “trick-or-treat” as they run from house to house, not all kids eagerly await the pumpkin-shaped candy that plops into their pillowcase. That’s because some of those kids have food allergies.

Food allergies are life-altering because they determine what food people can and cannot eat, and they can be life-threatening if people with allergies eat things they are allergic to. Some allergic reactions include swelling of mouths or trouble breathing. In the U.S., one in 13 children has a food allergy—that’s roughly two students in every classroom. That means that there might be two students in your classroom that can go trick-or-treating but will not be able to eat the candy they get. The Teal Pumpkin Project has a plan to help families with allergies avoid dangerous allergens in candy, but still participate in trick-or-treating in a meaningful way.

Did you know?

The Teal Pumpkin Project started because of a local awareness activity run by the Food Allergy Community of East Tennessee (FACET).

Yes, a local program can spread nationally - it just needs people willing to spread the word!

You can educate your neighborhood about food allergies by plastering posters around the neighborhood or creating a video and posting it on social media for friends and family to see.

If you would like to participate in the Teal Pumpkin Project this year, all you have to do is paint a pumpkin the color teal and get non-food items to distribute to kids during trick-or-treating. If you don’t have time to paint your own pumpkin or purchase an already painted pumpkin, you can print out a blank pumpkin worksheet and color it in. With your participation in this program, you can help create a safer, more inclusive holiday season!



This is the official logo for the Teal Pumpkin Project. Their goal is to “make teal the new orange” every year.

Visit this website for more information: <https://www.foodallergy.org/education-awareness/teal-pumpkin-project/>

The Teal Pumpkin Project is a nationwide movement that wants to spread awareness about food allergies and advocate for homes to offer non-food items, like bubbles, mini-notebooks, or bouncy balls, during neighborhood trick-or-treat celebrations. They do not want homes to exclude candy, but rather include toys that kids can take home and enjoy. People can paint an orange pumpkin the color teal and trick-or-treaters will know that the home offers non-food items as well.

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Directions: Answer these questions using evidence from the text.

1. Highlight some of the reasons or evidence the author uses to support the idea that Halloween is not safe for some children.

2. What text features help you understand more about the purpose of the Teal Pumpkin Project?

3. Explain how the author uses evidence and reasons to support the idea that the Teal Pumpkin Project helps include more children during trick-or-treating.

4. Why would the author include the following evidence?

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that’s roughly two students in every classroom.
