

Allergy-Free

HALLOWEEN TREATS RESOURCE

Regardless of specific [food sensitivity](#) or allergies, always double-check the label on any foods you buy because ingredients may change.

GLUTEN GHOULS

Many families deal with gluten allergy or intolerance. Here's an [exhaustive list of gluten-free treats](#) to save you some time.

DAIRY & MILK MONSTERS

Another common struggle is dairy allergy or intolerance. Here's a [shortlist of dairy-free candy](#), many of which also happen to be vegan.

PEANUT & TREE NUT TROLLS

Of course, nut allergies affect a substantial population. Here's a handy [guide to nut-free treats](#).



CALL: 305-388-3536
<http://thepickledbeet.com>
Serving Miami-Dade, Broward,
and Palm Beach Counties

LINKS FROM ABOVE

<https://personalchefmiami.com/food-sensitivity/>

<https://urbantastebud.com/gluten-free-halloween-candy-list/>

<https://www.popsugar.com/fitness/Dairy-Free-Halloween-Candy-42228753/>

<https://www.prevention.com/food-nutrition/a22551705/peanut-free-candy/>

