



Food Safety Tips For Halloween

Halloween is a time of fun for children. The Canadian Food Inspection Agency (CFIA) is providing a few simple tips to parents to ensure that their children's holiday is a safe and healthy one, too.

Tips for parents

- Some Halloween treats may trigger allergic reactions in susceptible individuals. For more information, please visit CFIA's website at the following address:
<http://www.inspection.gc.ca/english/fssa/labeti/allerg/allerge.shtml>
- Children shouldn't snack while they're out trick-or-treating, before parents have a chance to inspect the goodies. To help prevent children from munching, give them a snack or light meal before they go. Don't send them out on an empty stomach.
- Tell children not to accept – and, especially, not to eat – anything that isn't commercially wrapped.
- When children bring their treats home, discard any home-made candy or baked goods. Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.
- If children come home with mini-cup jelly products, be aware that these candies may pose a choking Hazard, as they may become lodged in the throat and may be difficult to remove due to their consistency.
- These mini-cup jelly products are traditionally manufactured in Southeast Asia and sold under various brand names. Individual jellies are about the size of a coffee creamer (16 -17 g), with rounded edges and usually contain a flavoured centre enclosed in a shell of konjac jelly (also conjac, konuyaku or glucomannan).
- Wash all fresh fruit thoroughly. Inspect it for holes, including small punctures, and cut it open before allowing children to eat it.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discolouration, tiny pinholes or tears in wrappers. Throw away anything that looks suspicious.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria.



For more information about street-proofing for trick-or-treaters, visit the following websites:

- Block Parents at http://www.blockparent.ca/for_the_kids.htm
- Health Canada Halloween tips by typing, "Have a safe and spooky Halloween," into your search engine.

For information on receiving recalls by electronic mail, or for other food safety facts, visit the website at www.inspection.gc.ca.



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