

# SAFE GLUTEN-FREE HALLOWEEN CANDY



There are already plenty of spooks and scares during the Halloween season. Gluten-filled candy shouldn't be one of them. Here's a list of safe gluten-free candy, so you can get back to being scared of ghouls and goblins instead!

## Ferrara Candy Company

Atomic Fireballs  
Black Forest Fruit Snacks,  
Organic Gummies, and  
Organic Sour Heads  
*(most are gluten-free)*  
Brach's Candy Corn  
Brach's Peppermint  
Starbrite Mints  
Jawbusters  
Jujubes  
Jujufruits  
Lemonhead *(Regular and Chewy)*  
Now & Later  
Rain-Blo Gumballs  
Red Hots  
Sathers Cherry Sours  
Sathers Gummies  
Trolli Gummies

## Hershey's Chocolate

Almond Joy  
*(all except Almond Joy Pieces)*  
Heath Bars  
Hershey's Hugs  
Hershey's Kisses *(only Milk  
Chocolate, Special Dark Mildly Sweet  
Chocolate, Pumpkin Spice, Carrot  
Cake, and Meltaway Milk Chocolate)*  
Hershey's Kisses  
Filled Chocolates  
*(only Caramel, Cherry Cordial Crème,  
Vanilla Crème, and Dark Chocolate  
with Mint Truffle)*  
Hershey's Milk Chocolate  
Bar *(only in the 1.55-ounce size)*  
Hershey's Milk Chocolate  
with Almonds Bar  
*(only in the 1.45-ounce size)*  
Hershey's Nuggets  
*(only Milk Chocolate, Milk Chocolate  
with Almonds, Special Dark Chocolate  
with Almonds, and Extra Creamy Milk  
Chocolate with Toffee and Almonds)*  
Milk Duds  
Mounds  
Payday

Reese's Fast Break  
Reese's Nutrageous  
Reese's Peanut Butter Cups  
*(all except Unwrapped Minis and  
seasonal shaped items)*  
Reese's Pieces  
*(all except Reese's Pieces Eggs)*  
Rolo Caramels in Milk  
Chocolate *(all except Minis)*  
Skor Toffee Bars  
York Peppermint Pattie  
*(all except York Pieces, York Minis,  
and York Shapes)*

## Jelly Belly Candy Company

Candy Corn  
Jelly Beans *(all varieties,  
including licorice)*

## Just Born Confections

Goldenberg's Peanut Chews  
Hot Tamales  
Mike and Ike  
Peeps *(not all are gluten-free,  
check labels; many Halloween  
varieties are safe)*

## Mars Chocolate

3 Musketeers Bar  
Dove Chocolate  
*(most varieties except Fruit, Crisp,  
Truffles, and covered nut varieties;  
seasonal products may vary)*  
M&M's *(all except M&M's Pretzel,  
Crispy, and White Chocolate; some  
special flavors may have risk of  
cross contamination)*  
Milky Way Bar  
*(most varieties; NOT Original)*

Munch Peanut Bar  
Snickers Bar  
*(seasonal products may vary)*

## NECCO

Banana Split Chews  
Candy House  
Candy Buttons

Mary Jane *(Original; also  
includes Peanut Butter Kisses, which  
are taffy candies in orange or black  
non-labeled wrappers)*  
Mint Julep Chews  
NECCO Wafers  
*(Regular and Chocolate)*  
Sky Bar

## Nestlé

Baby Ruth\*  
Bit-O-Honey\*  
Butterfinger Bar  
*(only Original in fun size, singles,  
and share packs – NOT Bites, Minis,  
Cups, Crisp, Giant Bar, Hearts, Jingles,  
Medallions, Pumpkins, or Snakerz)*  
Goobers  
Milk Chocolate\*  
Nips *(Original and Sugar-free)*  
Oh Henry!\*  
Raisinets *(all varieties, including  
Cranberry and Dark Chocolate)*  
Sno-Caps\*

## Smarties Candy Company

Rockets *(only available in Canada)*  
Smarties *(all varieties, but note  
that some products with the Smarties  
brand are not manufactured by  
Smarties Candy Company; look  
for UPC number beginning with  
"011206" to be certain your product  
is safe)*

\*These Nestlé (and Wonka) products do not contain gluten ingredients but are not labeled as "gluten-free" by the manufacturer, due to the potential risk of cross-contamination. Nestlé discloses all gluten ingredients, but you are encouraged to check labels and be aware of the potential risk.

## Tootsie Roll Industries

*(As of May 2016, all of Tootsie Roll  
Industries' confections are gluten-free.  
The following is a list of popular  
candies made by the company.)*  
Andes  
Candy Blox  
Caramel Apple Pops  
Charleston Chew  
Charms Lollipops  
Charms Sour Balls  
Charms Squares  
Cry Baby  
DOTS  
Dubble Bubble  
Frooties  
Fruit Chew Pops  
Fruit Chews  
Junior Mints  
Nik-L-Nip  
Razzles  
Sugar Babies  
Sugar Daddy  
Tootsie Pops  
Tootsie Rolls

## Wonka (Nestlé)

Laffy Taffy\*  
Lik-M-Aid Fun Dip\*  
Pixy Stix\*  
Runts  
Spree *(Original)*  
SweetTarts *(Original variety;  
check labels on other varieties)*

## Wrigley

Skittles  
Starburst  
Fruit Chews  
Starburst  
GummiBursts  
*(Original and Sour)*

## Miscellaneous

Free2b Sun Cups  
Go Max Go  
*(most varieties)*  
Hillside Candy  
*(GoLightly and GoOrganic  
varieties)*  
Justin's Peanut Butter  
Cups  
Lovely Candy  
Company  
Ocho Candy  
Pop Rocks  
Sjaak's Organic  
Chocolates  
Surf Sweets  
Torie & Howard  
TruJoy Sweets  
Unreal Candy  
Warheads  
*(all safe except Sour Coolers  
and Sour Twists, check labels  
on Sour Candy Canes and  
Sour Jelly Beans)*  
YumEarth Organics  
Zollipops

**Disclaimer:** Please note, these products are considered to be gluten-free as of June 1, 2017.

However, you are urged to check product labels and/or contact manufacturers to ensure a product is safe prior to consumption. Peanuts, tree nuts, milk, soy, and other allergens are not accounted for in this list. Some items which companies have claimed are gluten-free may have been processed in facilities that also process items which contain wheat. Simply Gluten Free Magazine does not guarantee accuracy about what foods are safe or unsafe for an individual's diet and is not to be held liable for incorrect or missing data.