

# TRICK OR TREAT?

HALLOWEEN CANDY WITHOUT PALM OIL (2018)

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## TIPS:

- **Read labels** and familiarize yourself with names of palm oil derivatives
- **Download an app** to help your search in the grocery store
- **Avoid “assorted” packs**; it’s easier to avoid palm oil when you buy bags with one type of candy
- Look for some of the **candies listed below**:

## TRADITIONAL FAVORITES:

- **Hershey’s**
  - **Hershey’s Nuggets** (Milk Chocolate, Milk Chocolate with Almonds, Special Dark, Special Dark with Almonds)
  - **Hershey’s Kisses** (Milk Chocolate, Milk Chocolate with Almonds, Fall Harvest Milk Chocolate)
  - **York Peppermint Patties**
  - **Mounds**
  - **Reese’s Peanut Butter Cups**
- **Mars M&Ms**
  - Milk Chocolate
  - Almond
  - Dark Chocolate
  - Mint
  - Pretzel
- **Nestle**
  - **Crunch Bar**
  - **Goobers**
  - **Raisinets**
  - **Sno Caps**
- **BRACH’S Classic Candy Corn**
- **Boston Baked Beans**
- **Dots**
- **Dum Dums Original Pops**
- **Red Hots Original Cinnamon Candy**



## ORGANIC OPTIONS:

- **Unreal** Milk chocolate in a colorful candy shell
- **Smash Mallow** Halloween-pack
- **Smart Sweets** Fun size packs – sour blast buddies
- **Smart Sweets** Fun size packs – fruity gummy bears/sour gummy bears
- **Annie’s Organic Bunny Grahams** – Honey & Chocolate Baked Graham Snacks
- **Yum Earth** Organic Candy Corn snack packs