



Kids with Food Allergies (KFA) has put together this list of allergy-friendly candy for every day or special occasions. This information is for your convenience only. It is not an endorsement or a guarantee of any product's safety. Always read ingredient labels. Contact the manufacturer, if needed, to confirm if a product is safe for your child.

The candies on this list are free of the most common allergens – milk, egg, soy, peanut, tree nuts (not including coconut), sesame, wheat, gluten, fish, and shellfish. Most are also free of coconut. For more candy options, visit kidswithfoodallergies.org/foods to create your own custom search.

Click the links below to view the product listings in our Allergy-Friendly Foods collection which contains the manufacturers' websites, allergen ingredients, flavors, and varieties, as well as currently available manufacturing information.

Amanda's Own Chocolates – Any-occasion and seasonal chocolates including novelties, lollipops, and bars. Also made without mustard, sulfites, and lupin.

Amore di Mona Chocolates – European dark chocolate and caramels also made without corn, lupin, cane sugar, artificial colors, artificial flavors, and preservatives.

Better Bites Dō Bites – Cookie dough truffle bites free from the top allergens that come in a six-count container or a two-pack bag.



Bo & Ty Sweets Gummies and Sours – Gummy bears, gummy worms, sour bears, and sour worms in a variety of package sizes with an optional custom message. Package sizes include several party favor options.

Enjoy Life Chocolate Minis – Mini chocolates with seasonal wrappers in bags containing 15 individually wrapped chocolate squares. Also available in seasonal packaging. Also made without mustard, sulfites, lupin, artificial colors, and artificial flavors.

free2b Chocolate Sunbutter Cups – Milk-free chocolate cups filled with sunflower seed butter. Available in singles or two-packs.

free2b Dark Chocolate Mint Cups – Dark chocolate cups with a creamy mint filling.

free2b Sun Cups Minis – Dark chocolate or rice chocolate sunflower butter mini cups in a resealable bag.

Gimbal's Jelly Beans – Classic jellybeans in a variety of flavors.

Glee Gum – All-natural chewing gum also made without artificial flavors, artificial colors, artificial sweeteners, and preservatives.

Ice Chips Candy – Sugar-free hard candy made with xylitol and natural flavors. Available in six-ounce tins and one-ounce pouches. **Some flavors contain coconut oil.**

No Whey! Foods Choco NoNo's – Milk and nut free mini candy-coated chocolate drops.

No Whey! Foods Chocolate Minis – Mini chocolates with seasonal wrappers in bags containing eight individually wrapped chocolate squares. Only available at Halloween.

No Whey! Foods Peanut Cups – Mini milkless chocolate cups filled with sunflower butter.

No Whey! Foods Chocolate Bunnies – Seasonal milk-free chocolate bunnies free from the most common allergens.

No Whey! Foods Chocolate Lollipops – Seasonal milk- and soy-free chocolate lollipops in a variety of shapes. Many combine white and dark chocolate.

No Whey Foods Chocolatey Covered Pretzels – Individually wrapped chocolate-covered pretzels, also available in a seasonal varieties.



No Whey Foods Milkless Surprise Eggs – Each pack contains six speckled plastic eggs filled with a variety of Easter-themed chocolate treats.

PASCHA Chocolate Bars – Bean-to-bar chocolates made in a dedicated facility free of top allergens.

Red Bird Candy Puffs – Traditional soft puffed candy treats. Available in traditional peppermint or cotton candy flavors in bags, tubs, and bulk.

Righteously Raw Chocolates – Raw organic chocolate bars and mini chocolate bites in a variety of flavors. **Some varieties contain coconut.**

Spangler Saf-T Pops – Lollipops on a safety loop handle. Manufactured free from the most common allergens but Spangler candies may be rebagged by other retailers and combined in the same package with items that are not allergen free. Check the package to see if the product came from a Spangler facility.

Spangler Easter Marshmallow Treats – Marshmallows free from the top allergens and shaped like bunnies, chicks, and eggs.

St. Claire's Organics – Organic mints, pastilles, and candies.

Strawberry Hill Grand Delights Handmade Lollipops – Handmade lollipops free from top allergens and made without corn syrup.

Sunkist Fruit Gems – Fruit gummy candies in flavors including orange, lemon, pink grapefruit, raspberry, and lime.

Surf Sweets Delish Fish – Raspberry- and assorted-flavored fish-shaped gummy candies.

Surf Sweets Gummy Bears – Gummy bears made with organic fruit juice concentrate and organic cane sugar.

Surf Sweets Gummy Worms – Gummy worms made with organic fruit juice concentrate and organic cane sugar.

Trader Joe's Sunflower Seed Butter Cups – Dark chocolate sunflower seed butter cups.

YumEarth Licorice – Organic gluten-free licorice in black licorice and fruit flavors.

YumEarth Organic Chewys – Individually wrapped fruit-flavored chewy treats.

YumEarth Organic Fruit Snacks – Gummy fruit snacks in assorted flavors. Also available as Gummy Bunnies in the spring and Halloween Gummy Fruits in the fall.

YumEarth Organic Giggles – Chewy candy bites in a resealable package.

YumEarth Organic Lollipops – Organic lollipops in year-round, spring packaging, and Halloween packaging.



Kids with Food Allergies (KFA) is the food allergy division of the Asthma and Allergy Foundation of America (AAFA). AAFA is the largest and oldest nonprofit patient organization dedicated to asthma and allergies. KFA educates families and communities on practical food allergy management strategies to save lives and improve the quality of life for children and their families. Our online community includes private support forums and public blogs. Register or sign in now: kidswithfoodallergies.org/join

