



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](https://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 Sour** – sour gummy candies in the shape of stars. **Contains coconut.**

**free2b Chocolate Sunflower Butter Cups** – Milk-free chocolate cups filled with sunflower seed butter. Available in singles or 2-packs.



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

**free2b Sunflower Butter Mini Cups** – Dark chocolate varieties or rice chocolate sunflower butter mini cups in a resealable bag.

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

**Harken Chocolate Candy Bars** – Crunchy candy bars made with date caramel, pretzel pieces, and oat chocolate. **Select varieties contain wheat and peanuts.**

**Ice Chips Candy** – Sugar-free hard candy made with xylitol and natural flavors. Available in 6-ounce tins and 1-ounce pouches. **Some flavors contain coconut oil.**

**Nebula Snacks Chocolate Bites** – Individually wrapped zero sugar chocolate bites that come in multiple flavors. **Select varieties contain peanut and coconut.**

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

**No Whey! Foods Chocolate Milkless Minis** – Mini chocolates with seasonal wrappers in bags containing 7 individually wrapped chocolate squares. Only available seasonally.

**No Whey! Foods Peanut Cups** – Mini milk-free chocolate cups filled with sunflower butter.

**No Whey! Foods Chocolate Bunnies** – Seasonal milk-free chocolate bunnies free from the most common allergens. Available in rice milk chocolate and white chocolate flavors.

**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 seasonal varieties.

**No Whey! Foods Milkless Smooches** – Individually foil-wrapped milk-free chocolates.

**No Whey Foods Milkless Surprise Eggs** – Each pack contains 6 speckled plastic eggs filled with a variety of Easter-themed chocolate treats.

**No Whey! Foods Smash-a-vEgg** – Chocolate egg with a choco-nono surprise inside, includes a mallet to smash the egg.

**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, cotton candy, or wintergreen flavors in bags, tubs, and bulk.

**Spangler 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-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.

**That's it. Fruit Bars** – Chewy bars made from real fruit and minimal ingredients. Available in seasonal minis.

**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 spooky gummy fruits in the fall.

**YumEarth Organic Giggles** – Chewy candy bites in a resealable package and available in seasonal varieties.

**YumEarth Organic Pops** – 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](https://kidswithfoodallergies.org/join)

