



Free from
major allergens



Kids with Food Allergies
Asthma and Allergy Foundation of America

kidswithfoodallergies.org/candyguide

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.

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.

Dum-Dums – Classic lollipops individually packaged in a variety of flavors.

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.

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.**

Life Savers Hard Candy – Fruity hard candy rings that come in bite-sized pieces and individual packages.

Mike and Ike – Fruity, chewy candy in bite-sized pieces and individual packages.

No Whey! Foods Caramel Cookie Bar – Candy bars made with a crunchy cookie base, caramel, and milk-free chocolate coating.

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 Bars – Milkless chocolate bars available in original, semisweet dark, and white chocolate flavors. Mini seasonal varieties available.

No Whey! Foods Dark Choco Cherries – Natural whole dried cherries coated with milk-free dark chocolate.

No Whey! Foods No Fright Bites – Seasonal shaped and individually wrapped Milkless and Milkless white chocolates. Only available seasonally.

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

No Whey! Foods Caramel and Nougat Candy Bar – Candy bars made with vegan caramel and peaNOT (peanut-free) nougat.

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 six speckled plastic eggs filled with a variety of Easter-themed chocolate treats.

No Whey Foods Shortbread Kookies – Individually wrapped shortbread cookies available seasonally.

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

Pur Gum – Gum that is free from top 9 allergens, sugar free, aspartame free, and free from artificial sweeteners or flavors.

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

Skittles – Chewy, bite-sized candies in individual packages and variety of flavors.

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.

Swedish Fish – Fruity, fish-shaped chewy candy in a variety of flavors, including seasonal varieties.

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