

# ALLERGY-FRIENDLY VALENTINE'S DAY IDEAS

## SWEET TREATS [ALLERGY FRIENDLY BRANDS]

VERMONT NUT FREE  
FREE2B (TOP 9 FREE)  
THAT'S IT (TOP 12 FREE)  
ENJOYLIFE (TOP 14 FREE)

YUM EARTH (TOP 9 FREE)  
RULE BREAKER (TOP 11 FREE)  
MADEGOOD (TOP 9 FREE)  
PARTAKE (TOP 9 FREE)

## NON-FOOD GOODIES

STICKERS

FRIENDSHIP BRACELETS

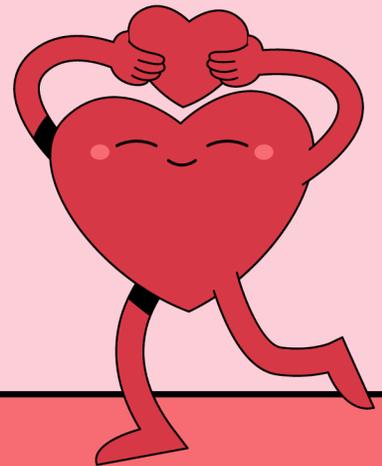
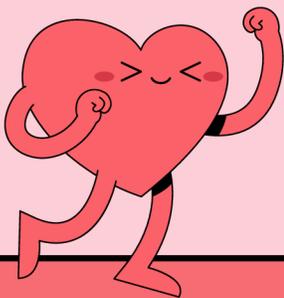
TATTOOS

STAMPS

PLAY DOUGH

FIDGET TOYS

MINI BOOKS / COLORING PAGES



## THE TOP 9 ALLERGENS IN THE US ARE:



PEANUTS



TREE NUTS



EGGS



DAIRY



SOY



WHEAT



SESAME



FISH



SHELLFISH

THANK YOU FOR TAKING TIME TO LOOK AT THIS GUIDE TO HELP CREATE A SAFE, INCLUSIVE HOLIDAY FOR ALL. THIS WAS CREATED BY A FOOD-ALLERGY PARENT. IT IS NOT A SUBSTITUTION FOR MEDICAL ADVICE OR ENDORSED BY THE LISTED BRANDS. MANUFACTURING PROCESSES MAY CHANGE. PLEASE DON'T FORGET TO CHECK THE LABEL FOR EVERYTHING YOU BUY TO MAKE SURE IT'S STILL ALLERGEN-FREE (AND SAVING IT TO SHOW TO ANY CURIOUS PARENTS IS ALWAYS HELPFUL). HAPPY VALENTINE'S DAY!