

The Green Halloween® and Non-GMO Project

Guide to a Non-GMO Halloween



It's that time of year when Halloween costumes are being conjured up and the kids are making their Halloween plans. Begin your planning now to help ensure that your children have a Halloween that is both fun and healthy.

Kids love Halloween because it is full of wonderful sweet treats and surprises. Unfortunately, these treats are often loaded with unsafe ingredients that would make even the most frightful ghoul scream.

Green Halloween and the Non-GMO Project have teamed up to help you sort through the junk food and source fun treats that are free of Halloween horrors!

10 GMO Ingredients in Halloween Candy

1. **Sugar** (GMO sugar beets)
2. **High fructose corn syrup** (GMO corn)
3. **Corn starch** (GMO corn)
4. **Soy lecithin** (GMO soy)
5. **Soybean oil** (GMO soy)
6. **Modified food starch** (GMO corn)
7. **Fructose, dextrose, glucose** (GMO corn)
8. **Cottonseed oil** (GMO cotton)
9. **Canola oil** (GMO canola)
10. **“Other” ingredients:** isolates, isoflavones, food starch, vegetable oil





Choose Non-GMO Project Verified Treats for the Trick-or-Treat Basket

- Nature’s Path Crispy Treats
- Endangered Species chocolates
- Bakery on Main granola bars
- Funky Monkey snacks
- Garden of Eatin’ chip snack bags
- HomeFree cookies
- Yogavive snacks
- Licious Organics snacks
- Nutiva bars
- Pro Bar snack bars
- Pure Organics snacks
- Righteously Raw bars
- Tasty Brand snacks
- Theo Chocolates

Visit the Non-GMO Project Website to search for more great products:
www.nongmoproject.org



Non-GMO Treats & Treasures

Halloween is meant to be fun—so get creative as you look for new ways to celebrate with the kids in your life

- Stickers
- Beeswax crayons
- Non-GMO Project Verified treats
- Polished rocks
- Friendship bracelets
- Coupons
- Seed packets
- Homemade playdough

For dozens of “treasures” ideas visit:
www.GreenHalloween.org



GMOs and Children—What You Need to Know

What are GMOs?

GMOs, or “genetically modified organisms,” are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.



What foods are GMO?

According to the USDA, in 2009, 93% of soy, 93% of cotton, and 86% of corn grown in the U.S. were GMO. It is estimated that over 90% of canola grown is GMO, and there are also commercially produced GM varieties of sugar beets, squash and Hawaiian Papaya. As a result, it is estimated that GMOs are now present in more than 80% of packaged products in the average U.S. or Canadian grocery store.

Are my children eating GMOs?

The sad truth is many of the foods that are most popular with children contain GMOs. Cereals, snack bars, snack boxes, cookies, processed lunchmeats, and crackers all contain large amounts of high risk food ingredients. In North America, over 80% of our food contains GMOs. If you are not buying foods that are Non-GMO Project Verified, most likely GMOs are present at breakfast, lunch, and dinner.



Are GMOs safe for my family to eat?

Most developed nations do not consider GMOs to be safe. In nearly 50 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale.



Beyond Non-GMO: More Tricks for Healthy, Green Treats

Giving away non-GMO goodies to trick-or-treaters is a great start, but there are other people and planet-friendly choices to consider. When buying Halloween treats and party fare, look for:

- Organic
- Locally grown/produced
- No high fructose corn syrup (HFCS)
- Palm-oil free
- No artificial colors, flavors or preservatives

In addition, you may want to consider giving away goodies or serving foods that are peanut-free, gluten-free, dairy free and/or egg free. These are some of the most common food allergens and with 1 in 13 kids suffering from food allergies*, limiting highly allergic foods is one way to ensure that Halloween is safe and fun for everyone.

Does your child want to go door-to-door, but you don't want her to consume it all? Consider trading candy for "pumpkin points" good towards a special gift or activity, or invite the Sugar Sprite to come. The [Sugar Sprite](#) (or Switch Witch) exchanges candy for a special gift! Dentists across the country also take part in [Halloween Candy Buy Back Program](#) in which uneaten candy is collected (usually at \$1 a pound) and sent overseas to American Troops. Uneaten candy can also be [composted](#) (remove wrappers first).

*Source,
Centers for
Disease Control
and Prevention



Roasted Pumpkin Seeds

What you'll need:

Medium Pumpkin
Olive Oil
Sea Salt



What to do:

* Preheat oven to 400 F. Cut open pumpkin and scoop out the insides into a big bowl. Add water to the bowl to help separate the seeds from the stringy flesh (a lot of the seeds will just float up to the top!) and then rinse seeds in a colander.

* To make the seeds nice and crunchy we boil our seeds before putting them in the oven. You can skip this step if you'd like as it's not essential. In a small pot add the seeds (for a medium pumpkin is around 1/2 cup) to approximately 2 cups of water. Add 1 tablespoon of sea salt. Bring to a boil and then let it simmer for about 10 minutes.

* Remove from heat and drain.

* Spread Olive Oil on the bottom of a roasting pan or rimmed baking sheet then spread the seeds (try not to have the seeds touching). This is also the time to sprinkle on some extra flavor if you'd like!

* Bake on the top rack until the seeds are golden brown, 10 – 20 minutes, depending on how brown you like the seeds.

* Take out of the oven and allow seeds to cool. Then enjoy this tasty fall snack!!

Contributed by Kia Robertson, TodayIAteARainbow.com



Green Halloween® is the national initiative to create a healthier and more “EEK-O-friendly” Halloween. Launched by a mother-daughter team in Seattle (2006), the program has sparked a green holidays revolution by inspiring families, communities, product brands and retailers to do their part to make child and Earth-healthy traditions easy, accessible, affordable and fun.

Green Halloween is a program of EcoMom Alliance, a 501 (C) 3 non-profit.

The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices.

The Non-GMO Project offers North America’s ONLY third party verification for products produced according to rigorous best practices for GMO avoidance.

The Non-GMO Halloween Guide is a partnership of Non-GMO Project & Green Halloween®:
www.NonGMOProject.com www.GreenHalloween.org