

The Teal Pumpkin Project: Promoting Inclusivity

Offer non-food treats this All Hallows' Eve!

Directions: Read the article and then answer the questions using evidence from the article.

By Jennifer Sobalvarro

Sample Answers

Costumes, candies, parties, and fun are common characteristics of every Halloween celebration. While most children merrily screech “trick-or-treat” as they run from house to house, **not all kids eagerly await the pumpkin-shaped candy that plops into their pillowcase. That’s because some of those kids have food allergies.**

Food allergies are life-altering because they determine what food people can and cannot eat, and they **can be life-threatening if people with allergies eat things they are allergic to.** Some allergic reactions include swelling of mouths or trouble breathing. In the U.S., one in 13 children has a food allergy—that’s roughly two students in every classroom. That means that there might be two students in your classroom that can go trick-or-treating but will not be able to eat the candy they get. The Teal Pumpkin Project has a plan to help families with allergies **avoid dangerous allergens in candy**, but still participate in trick-or-treating in a meaningful way.

Did you know?

The Teal Pumpkin Project started because of a local awareness activity run by the Food Allergy Community of East Tennessee (FACET).

Yes, a local program can spread nationally - it just needs people willing to spread the word!

You can educate your neighborhood about food allergies by plastering posters around the neighborhood or creating a video and posting it on social media for friends and family to see.

If you would like to participate in the Teal Pumpkin Project this year, all you have to do is paint a pumpkin the color teal and get non-food items to distribute to kids during trick-or-treating. If you don’t have time to paint your own pumpkin or purchase an already painted pumpkin, you can print out a blank pumpkin worksheet and color it in. With your participation in this program, you can help create a safer, more inclusive holiday season!



This is the official logo for the Teal Pumpkin Project. Their goal is to “make teal the new orange” every year.

Visit this website for more information: <https://www.foodallergy.org/education-awareness/teal-pumpkin-project/>

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Directions: Answer these questions using evidence from the text.

Sample Answers, continued

1. Highlight some of the reasons or evidence the author uses to support the idea that Halloween is not safe for some children.

2. What text features help you understand more about the purpose of the Teal Pumpkin Project?

The title tells me the Teal Pumpkin Project wants to include people, but it doesn't tell me how. The subtitle tells me that "non-food treats" are connected to the project somehow, and the "All Hallow's Eve" reference tells me the project is talking about Halloween. The logo visual shows me a teal pumpkin and gives me a website where I can get more information. The sidebar explains how the Teal Pumpkin Project began in TN and then went national by getting people involved in the project.

3. Explain how the author uses evidence and reasons to support the idea that the Teal Pumpkin Project helps include more children during trick-or-treating.

The author uses evidence about the amount of kids in the US that have food allergies to show that a lot of kids are excluded from Halloween trick-or-treating because they cannot eat the candy. Then the author tells how the Teal Pumpkin Project helps include those children by suggesting people offer non-food treats. The sidebar also shows how the program started small and grew larger with the fact about the program starting in TN.

4. Why would the author include the following evidence?

In the U.S., one in 13 children has a food allergy—that's roughly two students in every classroom.

The author wants to show that there are kids, potentially in the reader's classroom, that have food allergies and cannot participate fully in Halloween. This is an effort to help the reader empathize with children with food allergies by relating the allergy to fellow students.