



We have put together this list of allergy-friendly candies for every day or special occasions. This information is for your convenience only. It is not an endorsement or a guarantee of the product's safety. Always read ingredient labels. Contact the manufacturer, if needed, to confirm if the product is safe for you.

The candies on this list are free from the most common allergens – milk, egg, soy, peanut, tree nuts (not including coconut), sesame, wheat, gluten, fish, and shellfish. Most are also free from 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.

[Amanda's Own Chocolates](#) – Any occasion and seasonal chocolates including novelties, lollipops, and bars. Made without mustard, sulfites, and lupin.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[Amore di Mona Chocolates](#) – European dark chocolate and caramels made without corn, lupin, cane sugar, artificial colors, artificial flavors, and preservatives.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish



Bo & Ty Sweets Gummies and Sours – Gummy bears, gummy worms, sour bears, and sour worms in a variety of package sizes with an optional custom message. Package sizes include several party favor options.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

Enjoy Life Chocolate Minis – Chocolate Minis with seasonal wrappers in bags containing 18 individually wrapped chocolate squares. Made without mustard, sulfites, lupin, artificial colors, and artificial flavors.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

free2b Chocolate Sunbutter Cups – Dairy-free chocolate cups filled with sunflower seed butter. Available in singles or two-pack.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

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

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

free2b Sun Cups Minis – Dark chocolate or rice chocolate sunflower butter mini cups in a resealable bag.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

Gimbal's Jelly Beans – Classic jelly beans in a variety of flavors.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

Glee Gum – All-natural chewing gum. No artificial flavors, artificial colors, artificial sweeteners, or preservatives.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

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.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), sesame, wheat, gluten, fish, shellfish



No Whey Foods Peanut Cups – Mini milkless chocolate cups filled with sunflower butter.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

No Whey Foods Chocolate Lollipops – Seasonal milk- and soy-free chocolate lollipops in a variety of shapes. Many combine white and dark chocolate.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

No Whey Foods Halloween Chocolate Covered Pretzels – Individually wrapped chocolatey covered pretzels covered in bright orange sprinkles representing the shape of a jack-o-lantern.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

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

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

Red Bird Candy Puffs – Traditional soft puffed candy treats. Available in traditional peppermint and a variety of other flavors available in bags, tubs, jars, and bulk.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

Righteously Raw Chocolates – Raw organic chocolate bars and mini chocolate bites in a variety of flavors. Some varieties contain coconut.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), sesame, wheat, gluten, fish, shellfish

Spangler Saf-T Pops – Lollipops on a safety loop handle. Manufactured free from allergens but Spangler candies may be rebagged by other retailers and combined in the same package with items that are not allergen free. Check the package to see if the product came from a Spangler facility.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

St. Claire's Organics – Organic mints, pastilles, and candies.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish



[Strawberry Hill Grand Delights Handmade Lollipops](#) – Handmade lollipops free from top allergens and made without corn syrup.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[Sunkist Fruit Gems](#) – Fruit gummy candies in flavors including orange, lemon, pink grapefruit, raspberry, and lime.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[Surf Sweets Delish Fish](#) – Raspberry-flavored fish-shaped gummy candies.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[Surf Sweets Gummy Bears](#) – Gummy bears made with organic fruit juice concentrate and organic cane sugar.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[Trader Joe's Sunflower Seed Butter Cups](#) – Dark chocolate sunflower seed butter cups.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[YumEarth Candy Corn](#) – Ten-pack of individual bags of candy corn. Now egg-free!

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[YumEarth Licorice](#) – Organic gluten-free licorice in black licorice and fruit flavors.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[YumEarth Organic Chewys](#) – Individually wrapped fruit-flavored chewy treats.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

[YumEarth Organic Fruit Snacks](#) – Gummy fruit snacks in assorted flavors. Also available as Gummy Bunnies in the spring and Halloween Gummy Fruits in the fall.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish



YumEarth Organic Giggles – Chewy candy bites in a resealable package.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish

YumEarth Organic Lollipops – Organic lollipops in year-round, spring packaging, and Halloween packaging.

Free from: milk, egg, soy, peanut, tree nuts (not including coconut), coconut, sesame, wheat, gluten, fish, shellfish



Kids With Food Allergies (KFA) is a 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 with 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

