




# HOW MUCH PHE HALLOWEEN CANDY GUIDE

	<p>Airheads Bottlecaps Candy Necklaces Dots Fruit Runts Fun Dip Gobstoppers Hard Candy*</p>	<p>Jolly Ranchers Hard Candy Laffy Taffy Lifesavers* Mike &amp; Ike Nerds Pez Candy in Dispenser Pixy Stix Ring Pop</p>	<p>Salt Water Taffy Smarties (U.S. version) Sour Patch &amp; Sour Punch Candy Suckers/Lolly-Pops/Dum Dums* Swedish Fish SweeTARTS classic *Make sure these are not sugar-free &amp; contain only phe-free sweeteners</p>
	<p><b>PER PIECE</b> Licorice, Bites Marshmallow Ghosts Sugar Daddy, Junior Tootsie Roll Midgees Tootsie Roll Pops, Caramel, Chocolate, or fruit flavors</p>		<p><b>PER PACKAGE</b> Candy Corn Jelly Beans, all flavors Skittles, all flavors Sprees Chewy Candy Starburst Fruit Chews, all flavors SweeTARTS Chewy</p>
	<p>Hershey Hugs Hershey Kisses Kraft Caramels Red Vines Black Licorice Twists Red Vines Original Red Twists Rolo Caramels in Milk Chocolate Sugar Babies, Fun Pack</p> <p>Twizzlers Licorice Twists Twizzlers Strawberry Twists</p>		
	<p><b>MINI CANDY BARS</b> \$100 Grand, 3 Musketeers, Almond Joy, Baby Ruth, Butterfinger, Hershey's Minis, Kit Kat, Milky Way, Mounds, Snickers, Twix</p> <p><b>PER PIECE</b> York Peppermint Patty Reese's Peanut Butter Cup, miniature</p>	<p><b>PER PACKAGE</b> Haribo Gummi Bears Jolly Rancher Gummies Junior Mints, regular size Life Saver Gummi Savers M &amp; M's, fun size Malted Milk Balls</p>	<p>Milk Duds, 13 pieces Raisinets, 1.58 oz. bag Sugar Babies, regular size Sugar Daddy, regular size Whoppers</p>

## IDEAS FOR HANDLING HALLOWEEN CANDY

-  Set aside higher-phe candy for the “switch witch” who comes & brings a present on Halloween night
-  Trade in higher-phe candy at the dentist or donate it at local firehouses or other organizations
-  Trade higher-phe candy with friends and siblings for lower-phe options