




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 & Ike Nerds Pez Candy in Dispenser Pixy Stix Ring Pop</p>	<p>Salt Water Taffy Smarties (U.S. version) Sour Patch Suckers/Lolly-Pops/Dum Dums* Swedish Fish SweeTARTS classic</p> <p><small>*Make sure these are not sugar-free & contain only phe-free sweeteners</small></p>
	<p>PER PIECE Licorice, Bites Marshmallow Ghosts Sugar Daddy, Junior Tootsie Roll Midgees Tootsie Roll Pops, Caramel, Chocolate, or fruit flavors</p>		<p>PER PACKAGE 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>MINI CANDY BARS \$100 Grand, 3 Musketeers, Almond Joy, Baby Ruth, Butterfinger, Hershey's Minis, Kit Kat, Milky Way, Mounds, Snickers, Twix</p> <p>PER PIECE York Peppermint Patty Reese's Peanut Butter Cup, miniature</p>	<p>PER PACKAGE Haribo Gummi Bears Jolly Rancher Gummies Junior Mints, regular size Life Saver Gummi Savers M & 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