



Gluten-Free Holiday Candy List

This list is provided as a general guide to candies labeled or reported as gluten-free by their manufacturers in the United States. Please note:



Always read ingredient labels carefully before consuming any product, as ingredients and manufacturing practices may change without notice.



In the U.S., any food labeled “gluten-free” must meet the Food and Drug Administration (FDA) standard of containing less than 20 parts per million (ppm) of gluten.



Advisory or voluntary statements such as “may contain” or “made in a facility with” are not regulated by the FDA and should be evaluated with that in mind. When in doubt, contact the manufacturer directly for clarification.



This list is not comprehensive, and inclusion does not constitute medical advice or endorsement.

For your health and safety, use this list as one tool to make informed choices, as it does not replace careful review of each package.

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Gluten-Free Holiday Candy List



Ferrara

Company Statement: "Due to changes that may occur in the manufacturing and packaging environments, Ferrara does not provide allergen or gluten-free lists on [their] site. For more information, check the front of the packages of our products for a gluten-free claim or certification to help you understand if the product meets the gluten-free requirement."

The following products we have found to contain a gluten-free claim on the product or company website:

- Atomic Fireballs
- Black Forest Fruit Snacks, Fruit Strips, and Gummies
- Bob's Sweet Stripes
- Funables Fruit Snacks
- Jelly Belly Candy Corn
- Jelly Belly Jelly Beans



Hershey

Company Statement: "A food bearing a gluten free claim does not contain any gluten-containing grains (e.g., wheat, rye, barley) or ingredients derived from gluten-containing grains, unless the ingredient has been processed to remove gluten. In accordance with U.S. Food and Drug Administration regulations, foods labeled "gluten free" must meet these requirements and contain less than 20 parts per million gluten. The best way to determine if our products contain a gluten ingredient is to read our product label. This label includes an accurate, current listing of the ingredients in our products. Because, on occasion, the list of ingredients can change, we strongly encourage you to check the ingredient label on the package each time before you make a purchase."

The following products contain a gluten-free claim at this time:

- Almond Joy
- Brookside Dark Chocolate Fruit Flavored Candy
- Cocoa
- Dark Chocolate Bars - Except fun-size, those with gluten-containing add-ins, or seasonal or limited-edition flavors or shapes
- Heath Bars
- Kisses, including:
 - Milk Chocolate
 - Special Dark
 - Hugs
 - Candy Cane
 - Cherry Cordial
 - Mint Truffle



(continues on next page)



Gluten-Free Holiday Candy List

- Milk Chocolate Bars - Except fun-size, those with gluten-containing add-ins, or seasonal or limited-edition flavors or shapes
- Milk Chocolate with Almonds Bars - Except fun-size or seasonal shapes
- Nuggets, including:
 - Milk Chocolate
 - Milk Chocolate with Almonds
 - Special Dark Chocolate
 - Special Dark Chocolate with Almonds
 - Extra Creamy Milk Chocolate with Toffee and Almonds
- Payday
- Reese's Peanut Butter Cups - Except those with gluten-containing add-ins, or seasonal or limited-edition flavors or shapes
- Reese's Pieces
- Rolo Caramels
- Skor Toffee Bars
- Syrup, including:
 - Caramel Syrup
 - Chocolate Syrup
 - Simply 5 Chocolate Syrup
 - Special Dark Mildly Sweet Chocolate Syrup
 - Strawberry Flavored Syrup
 - Zero Sugar Chocolate Syrup
- York Peppermint Patties - Except minis



Just Born

Company Statement: "We offer many gluten-free products under the MIKE AND IKE®, HOT TAMALES®, PEEPS®, GOLDENBERG'S® PEANUT CHEWS®, TEENEE BEANEE® and JUST BORN® brands and we are in the process of updating package labels to include gluten-free statements where appropriate. The modified food starch that we use in our candies is corn starch. However, because some of our products may be manufactured and/or packaged in a facility that may also handle non gluten-free products, we encourage consumers to read the labels carefully for the most up-to-date ingredient and allergen information. For further questions, please call our Consumer Relations Team toll-free at 1-888-645-3453."

The following products we have found to contain a gluten-free claim on the product or company website at this time:

- Hot Tamales
- Mike and Ikes
- Peanut Chews
- Peeps Jelly Beans
- Peeps Marshmallows - Except seasonal pops and individually wrapped minis



Gluten-Free Holiday Candy List



Mars & Wrigley

Company Statement: "Any ingredient added as part of the recipe, whether it is a source of allergen or not, will appear in the ingredient declaration or listing on the packaging. This ingredients declaration provides the latest and most accurate information."

The following products contain a gluten-free claim at this time.

- KIND Bars
- Skittles
- Starburst Chews



No Whey Foods

Company Statement: "At No Whey Foods we strive to ensure access to everyone wishing to indulge in quality natural, vegan, Kosher, and common allergen free chocolate. Everything is created milk free, dairy free, peanut free, tree nut free, gluten free, soy free and egg free."

All of their products are 100% gluten-free, including:

- Baked Goods
- Christmas Candy
- Hanukkah Candy
- Truffles



See's Candies

Company Statement: "Candies produced in See's Candies Facilities do not contain gluten. We sell a small amount of specialty candies that we purchase from other partner confectioners that are manufactured in shared facilities or on shared equipment with gluten-containing products but don't contain gluten, these products are: Peppermint Twists, Jelly Beans, Medallions, Hot Hearts, Sour Candies, Chocolate Covered Coffee Beans, Hot Cocoa, Candy Canes, [and] Lemon Drops. Products that contain or may contain wheat and gluten are: Chocolate Covered Cashews [and] Lemon and Strawberry Shortbread Bites."

All See's Candies produced in their facilities do not contain gluten, such as:

- Boxed Chocolates
- Brittles
- Dark Chocolates
- Lollipops
- Milk Chocolates
- Nuts & Chews Chocolates
- Soft Centers
- Toffees
- Truffles
- White Chocolates





Gluten-Free Holiday Candy List



Smarties Candy Company

Company Statement: "All Smarties candy made by Smarties Candy Company is gluten-free and safe for people with celiac disease. If you are at a loss for classic gluten-free candy, Smarties products are your delicious solution. Delight your sweet-tooth with our tangy and sweet candy rolls! Note: There are some products with the Smarties brand that are not manufactured by Smarties Candy Company. We recommend always checking a product's ingredients prior to purchase. If the UPC number on the packaging begins with "0 11206", you can be assured that the product is gluten-free, manufactured in a facility that makes exclusively gluten-free products and safe to eat for people with celiac disease."

All Smarties candy is gluten-free at this time, such as:

- Candy Monies
- Candy Necklaces
- Smarties Candy Rolls - All flavors and sizes
- Lollies & Pops
- Pouches
- Squishies
- Unwrapped Tablets



Spangler Candy

According to the company's website, all of the products on their website are gluten-free at this time, such as:

- Bit-O-Honey
- Canada Mints
- Dum Dums Lollipops
- Marshmallow Circus Peanuts
- Necco Wafers
- Starburst Pops



Surf Sweets

Company Statement: "We believe in making mindfully delicious treats that taste as they should. We use high quality, allergy-friendly, organic ingredients."

All of their products are certified gluten-free at this time, such as:

- Cinnamon Organic Bears
- Gummy Bears
- Gummy Worms
- Organic Delish Fish
- Organic Fruity Bears



Gluten-Free Holiday Candy List



Tootsie Roll

Company Statement: "At this time, all of our confections are gluten free. We do not use wheat, barley, rye, oats, triticale, spelt or any of their components and that includes our dusting on our conveyor belts."

All of their products are labeled gluten-free at this time, such as:

- Andes Mints
- Blow Pops
- Candy Blox
- Caramel Apple Pops
- Cella's Chocolate Covered Cherries
- Charleston Chews
- Charms Pops
- Cry Baby Bubble Gum
- Crows Licorice
- DOTS
- Dubble Bubble Gum
- Fluffy Stuff Cotton Candy
- Frooties
- Fruit Chews
- Junior Mints
- Razzles
- Sugar Daddy Milk Caramel Pops
- Sugar Babies Soft Milk Caramel
- Tootsie Pops
- Tootsie Rolls
- Wack-O-Wax Lips, Fangs, and Mustaches



UNREAL Snacks

Company Statement: "Many of our products are certified gluten-free by GFCO. We recently updated our Dark Chocolate Caramel Peanut Nougat Bar recipe to a certified gluten-free recipe! While we are so excited about the update, it's important to note that not all of our Dark Chocolate Caramel Peanut Nougat Bars in the world right now are certified gluten free. Our Dark Chocolate Caramel Peanut Nougat Bars that do not have a gluten free logo on the individual bar wrapper are not gluten free and still contain gluten ingredients. Our Dark Chocolate Caramel Peanut Nougat Bars that do showcase the gluten free logo on the individual bar wrapper are certified gluten free! If you find any of this confusing, or if you would like additional information, please reach out at hi@unrealsnacks.com. We appreciate your support as we are in this transition and we are so excited about this recipe update! Please note, we still manufacture all of our products in facilities that handle wheat, however, each of our Gluten Free Certified products have been certified by the GFCO to contain less than 10ppm of gluten."

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Gluten-Free Holiday Candy List

The following products are certified gluten-free, according to their website at this time:

- Dark Chocolate almond butter cups
- Dark Chocolate Coconut Bars
- Dark Chocolate Coconut Covered Almonds
- Dark Chocolate Covered Amonds
- Dark Chocolate Covered Pretzels
- Dark Chocolate Crispy Quinoa Gems
- Dark Chocolate Peanut Butter Cups
- Dark Chocolate Peanut Gems
- Milk Chocolate Covered Pretzels
- Milk Chocolate Gems



Welch's Fruit Snacks

Company Statement: "All of our Welch's products are gluten free, including Welch's Fruit Snacks, Welch's Juicefuls, Welch's Fruit 'n Yogurt™ Snacks, Welch's Absolute Fruitfuls™ Fruit Strips, Welch's Fusions™ and Welch's Fruit Rolls."

All of their products are labeled gluten-free at this time, such as:

- Fruit Snacks
- Fruit 'n Yogurt Snacks
- Fruitfuls Fruit Strips
- Fruit Rolls
- Juicefuls



YumEarth

Company Statement: "From gummy candy to sour candy to lollipops, we make delicious treats for everyone to enjoy. Our products are allergy friendly, organic, non-gmo and free from artificial dyes and high fructose corn syrup."

At this time, all of their products are gluten-free, such as:

- Candy Canes
- Chewys
- Choco Yums Chocolate
- Fruit Snacks
- Giggles
- Gingerbread House Making Kit
- Gummy Bears & Fruits
- Hard Candies
- Holiday Advent Calendar
- Jelly Beans
- Licorice
- Lollipops
- No-Bake Cake Pops Kit
- Sour Littles

