

#KeepItTeal



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**#KeepItTeal for a safe and healthy Halloween**

Offer non-food treats that are safer for children on special diets.



**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America

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## Ideas for #KeepItTeal Crafts

Use this stencil to create your own personalized design!

- T-shirts
- Canvas bags
- Fabric banners
- Fabric capes
- Wooden or plastic plaques

On light fabrics, print out and place behind fabric. Place on window or other light source to see outlines. Trace outlines with pencil or fabric marker. Let the kids color in the design with fabric paints or markers.

Use transfer/carbon paper to transfer outlines to fabric or hard surface such as wooden plaques.

On darker fabrics, print out and make a stencil using freezer paper. Iron freezer paper onto fabric. Fill in with fabric paints or pens, let dry and remove freezer paper.

Outline or fill in using:

- Fabric paints - use neon or glow-in-the-dark
- Fabric glitter paints
- Embroidery
- Thin ribbon
- Small sequins or stones

Use to create a layered applique from felt or other fabrics. Glue or fuse pieces to fabric.

Don't forget to share your #KeepItTeal project with us at <http://community.kidswithfoodallergies.org/set/keep-it-teal-halloween-pumpkin-food-allergies-2015>



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