Halloween Candy is Not a Trick

By Julianna LeMieux — October 31, 2017

Halloween is a holiday of unadulterated fun. What could be better than dressing up in costumes and carving pumpkins into jack-o-lanterns?

Perhaps what kids look forward to most, however, is the candy. Collecting it, sorting it out afterward, trading with friends, and then, after all of that, eating it.

But, some people cannot let kids have fun without ruining it. People who are against genetically modified organisms (GMOs) are taking this opportunity to scare parents about what their children are eating. For example, look no further than the Center for Food Safety's article called "Your Candy Shouldn’t Be the Scariest Thing About Halloween."

In it, they suggest avoiding "stomach-churning tricks in your treats by opting for organic and non-GMO candy."

One of the "stomach-churning tricks" highlighted in the article is GM sugar which comes from sugar beets. But, what they fail to mention is that sugar from genetically modified sugar beets is exactly the same as sugar from organic sugar sources. Sugar has the same structure and is used by the body in the same way regardless of whether it is organic or conventional.

Their suggestion to avoid this nasty sugar? "Making your own candy, chocolates or snacks for your Halloween party is another fun, easy way to avoid frightening hidden ingredients." Although making your own candy may be fun, the point of Halloween is to go to all of your neighbors' homes and ask them for their candy. So, unless you live in an area where everyone agrees to make their own organic, non-GMO candy - at the end of the night, your kid's pumpkin bucket is full of candy made by Hershey's and Mars.
However, there is no reason to panic as there is no known health benefit to eating non-GMO foods. The National Academy of Medicine released a report [2] last year stating that

"An analysis of over 1,000 studies conducted by the National Academies of Sciences, Engineering and Medicine and released earlier this year found no safety reason to justify labeling GMOs in food and also found that GMOs do not appear to harm the environment."

Halloween treats are nothing more than sweet, wonderful candies. And, as long as you keep in the mind the golden rule of "everything in moderation," no harm is going to come. So, please do not make a big deal about the GMOs in Halloween candy. GMOs are not going to ruin anything but fear mongering is going to ruin an otherwise very enjoyable holiday.