

Christmas sweets and stocking fillers

From the sweeties.net wiki

The Christmas stocking is a sock, or a sock shaped bag, hung up on Saint Nicholas Day or Christmas Eve so that Saint Nicholas, or Father Christmas, can fill it with small toys, sweets, fruit, coins or other small gifts.

The legend of the gold

Nobody has a written record of how the custom began, but there is a popular legend. Saint Nicholas, the story goes, heard of a poor father who could not provide for his three daughters. Knowing the father would refuse charity, Nicholas came by night and threw three bags of gold through an open window, and one landed in a stocking. In other versions he threw the gold straight into stockings hung by the fire to dry.

Some tellings make the gold into gold balls, which is why three gold balls, sometimes shown as oranges, became a symbol of Saint Nicholas.

The same tradition has a darker side: a child who behaved badly was threatened with nothing but a lump of coal.

Sweet stocking fillers

- **Chocolate coins.** In the UK they are traditionally bought at Christmas to hang on the tree and fill stockings: see [chocolate coins](#)
- **Sugar mice.** A traditional Christmas sweet: see [sugar mice](#)
- **Candy canes.** Striped peppermint hooks for the tree or the stocking: see [how are candy canes made?](#)
- **Pick and mix.** A small bag built by the 100 g, so each stocking can be different.

For how these sweets became part of Christmas, see [the history of Christmas sweets](#) and [Tom Smith and the Christmas cracker](#)

Keeping it safe

- **Allergies.** If a stocking is for someone with an allergy, check every sweet's ingredients: see [pick and mix and allergies](#)
- **Small children.** Hard sweets can be a choking risk for young children, and coins and wrappers are small too: see [hard sweets and young children](#)
- **Warmth.** Chocolate softens when warm, so avoid hanging stockings of chocolate right by the fire or a radiator overnight: see [how should you store pick and mix?](#)

In our pick and mix

We sell sweets by the 100 g, so a stocking bag can be as small as you like. Each sweet's card opens up to show its full ingredients and allergens.

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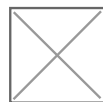
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100 pts = 1 tree

Plant a tree in Scotland

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