



## Peanut & Nut Aware Lunches & Snacks

Peanut or nut aware daycare or school? It is important to know how to avoid peanuts and tree nuts when preparing lunches and snacks for your child. These tips can help.

*Allergic reactions to peanuts and tree nuts can be fatal.*

### Read food labels carefully:

- When you buy packaged foods, read labels **every time** you shop. Companies may change ingredients. A product that was safe last week may not be safe this week.
- In Canada, products that contain peanuts or tree nuts must list these items in plain language on the label. You will find this information in ingredient lists or in “contains” statements. For example, a product that has peanut in it would include “peanuts” in the ingredient list, or in a statement like “contains peanuts,” or both.
- You might find the disclaimer “*may contain trace amounts of peanuts or nuts*”. This means that the manufacturer is not sure if that product is peanut or nut-free. To be safe, do not use these products for your child’s lunches.
- Be cautious with packaged foods that do not have an ingredient list.

### Be aware of cross-contamination:

- Cross-contamination occurs when foods with peanuts or tree nuts touch other foods or surfaces.
- Prepare your child’s lunch with utensils and on surfaces that have not come into contact with products that contain peanuts or tree nuts.
- Be cautious with foods that come from bulk bins.

### What are tree nuts?

Tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts.



### What are peanuts?

Peanuts are actually “legumes” and are not part of the tree nut family.



**northern health**  
the northern way of caring

# Lunch & Snack Ideas

## Easy, Nutritious & Peanut/Nut Aware

### Sandwiches, wraps and pitas:

- Raisin bread with apple butter and cheddar cheese slices. Serve with a boiled egg and carrots sticks.
- Whole wheat wrap with beans, veggies, cheese and salsa. Serve with milk.
- Pita pocket with egg salad and lettuce. Serve with apple and yogurt.
- Mini bagel with chicken or turkey, lettuce and tomato. Serve with yogurt.
- Pita pocket with roast beef, shredded beets and feta cheese. Serve with apple slices.
- Whole wheat bread with hummus and cucumber slices. Serve with banana and milk.
- Whole wheat wrap with smoked or jarred salmon. Serve with celery sticks and cheese.

### Leftovers:

- Chili. Serve with corn bread, celery sticks and milk.
- Pasta salad with chicken, cheese cubes, corn and diced peppers.
- Spaghetti with meat balls. Serve with pear and milk.
- Beans and rice. Serve with orange slices and yogurt.
- Tofu or beef stir-fry with noodles. Serve with milk.
- Fish and rice. Serve with salad and soy milk.
- Meat, potatoes and veggies. Serve with cheese cubes.

### Snack ideas:

- Fresh fruit and plain yogurt
- Celery sticks and hummus dip
- Cheese and crackers
- Yogurt dip and carrot sticks
- Tuna salad and crackers
- Homemade muffins and milk
- Boiled egg and toast
- Dried fish and crackers
- Cottage cheese and berries
- Cereal and milk
- Apple slices and soy milk
- Cherry tomatoes and cheese cubes

### Food Safety

- Keep hot foods hot. Use a wide mouth Thermos® to keep chili and pasta hot.
- Keep cold foods cold. Use a Thermos® to keep milk cold. Use mini freezer packs, ice packs or frozen water bottles in insulated lunch bags.



### For more information:

Tree Nuts - One of the ten priority food allergens (Health Canada):  
[http://www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/pubs/securit/2016-treenuts-noix/treenuts-noix-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/pubs/securit/2016-treenuts-noix/treenuts-noix-eng.pdf)

Peanuts - One of the ten priority food allergens (Health Canada):  
[http://www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/pubs/securit/2016-peanut-arachide/peanut-arachide-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/pubs/securit/2016-peanut-arachide/peanut-arachide-eng.pdf)

To speak with a Registered Dietitian at Health Link BC, call 811.



**northern health**  
the northern way of caring

10-421-6044 (IND Rev. 05/17)