



# Peanut and Nut Aware Lunches and Snacks

“Peanut or nut aware” daycare or school? These tips can help you avoid peanuts and nuts when preparing lunches for children.

**Allergic reactions to peanut or tree nuts can be fatal.**

## READ FOOD LABELS CAREFULLY

It's not always easy to tell if a food contains peanut or nuts. Less obvious sources include commercially made foods, sauces, and mixed dishes.

- **Read food labels on packaged foods every time you shop.**  
Companies may change ingredients or how a food is made.
- **Check the ingredient list and “contains” statement.**  
For example, a product that contains peanut will include “peanut” in the ingredient list or will say “contains peanuts”.
- **Be aware of foods that “may contain traces of peanut or nuts.”**  
This means that the company is not sure if that product is peanut or nut-free.
- **Be cautious of packaged foods that do not have an ingredient list.**  
This includes food from bulk bins or the deli.

## PREVENT CROSS-CONTAMINATION

Cross-contamination is when traces of peanut or tree nut gets into another food. Even small amounts can cause an allergic reaction.

- Clean surfaces, utensils and equipment before preparing food
- Prepare allergy-free foods first
- Use separate utensils, cutting boards and cookware – e.g. do not dip the same knife in peanut butter and jam jars
- Wash hands with soap and water before and after eating or preparing food
- Avoid sharing food or drinks at school



### WHAT ARE PEANUTS?

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



### WHAT ARE TREE NUTS?

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

## MIX AND MATCH ITEMS

Aim to offer items from each food grouping

### PROTEIN FOODS

- ☐ Canned or dried fish
- ☐ Cheese cubes or string
- ☐ Cooked or deli meat
- ☐ Hard-boiled egg
- ☐ Hummus or bean dip
- ☐ Milk or fortified soy drink
- ☐ Yogurt

### GRAINS

- ☐ Bread, bagel or bun
- ☐ Crackers
- ☐ Cereal
- ☐ Pita, tortilla or naan
- ☐ Waffles or pancakes
- ☐ Whole grain muffin

### FRUIT AND VEGETABLES

- ☐ Berries
- ☐ Cherry tomatoes
- ☐ Dried fruit
- ☐ Dried seaweed
- ☐ Fruit cup or sauce
- ☐ Snap peas
- ☐ Veggie sticks
- ☐ Whole or sliced fruit

#### NUT-FREE BUTTERS?

Soy, sunflower or pumpkin seed butters can be peanut and nut-free options. A note in a child's lunch can help others know that it's safe.

## NO-COOK COMBOS

- Bannock, canned fish, cucumber, berries and yogurt
- Bran muffin, hard-boiled egg, snap peas, fruit cup and milk
- Crackers, cheese, apple slices, carrot sticks and hummus
- Waffles, seed butter, celery sticks, raisins and orange

### SANDWICHES OR WRAPS

- Chicken, lettuce and ranch dressing
- Egg or fish salad with diced celery
- Hummus, red pepper and cheese
- Soy butter and banana slices

### EASY MEALS

- Eggs, toast and cherry tomatoes
- Leftovers such as fried rice, chili or dahl
- Pasta salad with veggies and shredded cheese
- "Pizza" bagel with snap peas



## FOR MORE INFORMATION

- Common food allergens: [Tree nuts](#) and [Peanut](#) (Food Allergy Canada)
- [What is cross-contamination?](#) and [Reading food labels](#) (Food Allergy Canada)
- [Let's talk about food allergies at school!](#) (Northern Health)

To speak with a Registered Dietitian at HealthLink BC, call 811 or 604-215-8110.