

# Peanut-Free Lunches and Snacks

A peanut allergy is a serious medical condition. An allergy to peanuts can cause a serious reaction called anaphylaxis and can be fatal.

## WHEN GROCERY SHOPPING:

- Always read the ingredients list to determine whether or not a food contains an allergen.
- Ingredients often change without warning so read labels carefully every time you shop. A product that was safe last week may not be safe this week.
- If you have a question about a product, record the product name and the manufacturer's phone number or address. Contact the manufacturer and ask whether the product contains any peanut containing ingredients.



## ALLERGY SAFE FOOD PREPARATION

- Wash your hands before preparing food.
- Clean and sanitize work and cooking surfaces, utensils and any equipment that touches food.

## WHAT TO LOOK FOR ON LABELS

If any of these words can be found on a nutrition label it means that the product contains peanuts.

- ☐ Peanuts
- ☐ Peanut protein
- ☐ Peanut butter
- ☐ Peanut flour
- ☐ Peanut meal
- ☐ Peanut oil
- ☐ Beer nuts
- ☐ Arachis oil
- ☐ Hydrolyzed peanut protein
- ☐ Candy/chocolate
- ☐ Mandelona nuts
- ☐ Mixed nuts
- ☐ Ground nuts
- ☐ Goober nuts
- ☐ Goober peas
- ☐ Goober peanuts

## BE CAREFUL OF CROSS-CONTAMINATION

Safe food becomes unsafe through contact with peanut products. This is known as "cross-contamination." Cross-contamination is a common cause of anaphylactic reaction. Food residue on a utensil can be all it takes to trigger a reaction.

Peanuts are not the same as other nuts because they are actually members of the legume family. Nuts such as pecans, walnuts and almonds are "tree" nuts. However, during food production and processing, peanuts and other nuts often come into contact. For instance the same equipment may be used for chopping peanuts and walnuts in a factory. As well, some children allergic to peanuts may also be allergic to tree nuts. For this reason, allergic children may be advised to avoid both peanuts and other nuts and you may be asked to avoid sending both to school.

# Nutritious and Safe Lunch and Snack Ideas

Even without peanut butter, school lunches or snacks can be easy to make, healthy and safe. There are still lots of tasty and easy choices for your child.

Recopy the chart below and have your child help fill it in with their favourite foods. Use it as a guide when packing lunches. Include at least one item from each of the four food groups of Canada's Food Guide.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<ul style="list-style-type: none"> <li>• Apple</li> <li>• Orange</li> <li>• Canned fruit</li> <li>• Vegetable sticks</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Dry cereal</li> <li>• Pita bread</li> <li>• Tortilla</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Skim, 1%, 2% milk</li> <li>• Cheese</li> <li>• Yogurt</li> <li>• Milk pudding</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Hard boiled eggs</li> <li>• Cold meats</li> <li>• Lentil soup</li> <li>• Vegetarian chili</li> <li>• Peabutter</li> <li>• _____</li> <li>• _____</li> </ul>

## WHAT CAN I EAT FOR PROTEIN?

Don't be concerned that your child is not getting enough protein. Protein is found primarily in Meat & Alternatives and Milk & Alternatives.

The following foods have the same amount of protein as 2 tbsp of peanut butter:

- 1 oz (30 g) meat
- 3/4 cup (175 g) yogurt
- 1 cup (250 mL) milk or fortified soy beverage
- Small piece of cheese pizza
- 1 oz (30 g) cheese
- 1 cup (250 mL) lentil or pea soup
- 1 bagel

## EXAMPLES OF SOME HEALTHY LUNCHES:



- Hot chili
- Whole wheat roll
- Apple juice
- Homemade chocolate pudding



- Egg salad on a bagel
- Cherry tomatoes
- Watermelon chunks
- Chocolate milk



- Baked potato topped with black beans, frozen broccoli and salsa
- Vanilla yogurt and melon chunks

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