



# Nut Free Lunches and Snacks



If you're used to using peanut and/or nut products when making you child's lunch you may find it challenging to create a nut-free lunch. Mix and match some of the following ideas for delicious lunches.

Some suggested peanut/nut free alternatives include:

*Note: This list is only a guide. Manufacturers often change food ingredients, so please remember to read the labels of pre-packaged foods carefully.*

## Fruits and Vegetables

- ◆ Fresh fruits/vegetables with dip
- ◆ Canned fruits
- ◆ Fruit or fruit juices
- ◆ Raisins

## Meats and Alternatives

- ◆ Hard-boiled eggs
- ◆ Cold cuts (ham, turkey, salami, pastrami)
- ◆ Water-packed tuna or salmon
- ◆ Beans or lentils or chili
- ◆ Left-over pizza

## Milk Products

- ◆ 2%, 1% or skim white or chocolate milk
- ◆ Yogurt, tubes, mini-go
- ◆ Cubes, cream, string or cottage cheese
- ◆ Smart choice, Hunt's and Kraft pudding snacks

## Grain Products

- ◆ **Bread:** whole wheat, rye, cracked wheat, oatmeal, bagels, rolls, buns, pita bread or English muffins
- ◆ Rice, pasta or noodle soup
- ◆ **Crackers:** Ritz regular crackers, goldfish, Christie's Animal Crackers, Crispers, Cheese Nips
- ◆ **Chips:** Frito Lay (Doritos, Cheetos, Munchies, Lays), Ruffles, pretzels, popcorn, Quaker crispy mini's
- ◆ **Cookies/Snacks:** Teddy Grahams, Snack Wells, Nestle/Dare/Letourneau products, Nutrigrain bars, Chips Ahoy (chewy and regular), Oreos, Arrowroot, Rice Krispie Squares (regular), Quaker nut-free granola bars (look for the symbol)

*Note: For small individual packaged products that do not contain an ingredient list, please include a copy of the ingredients from the original box or package.*



**The following lunch/snack items are NOT safe to bring to school.**

**Note: This is only a guide. If an item is not on this list, it does not mean it is nut free. Always read ingredient listing of pre-packaged foods.**

- ◆ Schneider's pizza lunchables, peanut butter/Nutella sandwich, Tim Horton's/Subway sandwiches or products
- ◆ Quaker granola bars that are **NOT** marked as nut-free, Quaker Dipps, chocolate or peanut butter Rice Krispie Squares, Vachon Snacks (Joe Louis, Flakie, 1/2 moon, Twinkies, etc.
- ◆ Homemade baked goods (unless accompanied by an ingredient list)
- ◆ Cookies: Mini Oreos, Chips Ahoy (Rainbow and cookie bars), Viva Puffs
- ◆ Crackers: Ritz cheese/peanut butter sandwiches, Breton crackers, Bits and Bites, Cheerios snack mix
- ◆ Cookies including Master's Choice, Smart Choice, Equality, Voortman, Peek Frean and No Name all contain nuts/traces of nuts