



Leeds, Grenville & Lanark District

**HEALTH UNIT**



## **Peanut-Free Nutrition for Children**

For more info, call the Health ACTION Line at 345-5685 or 1-800-660-5853 or visit us on the web at [www.healthunit.org](http://www.healthunit.org)

### Has Your Child's Classroom or School Gone Peanut-Free?

**Don't panic! There are many other lunches and snacks that are peanut-free *and* easy to make.**

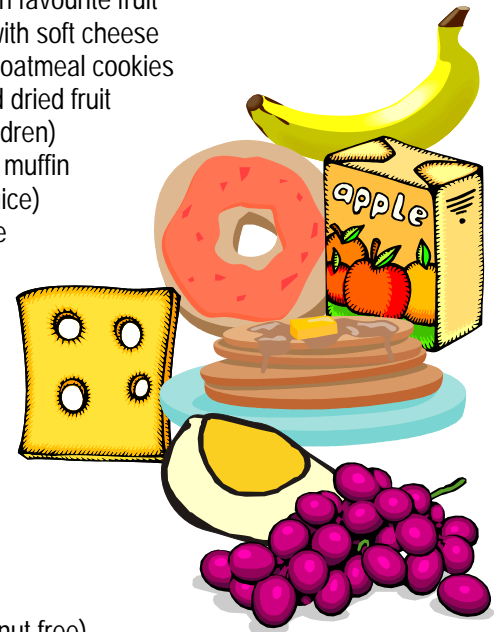
**Ideas for Peanut-free Meals And Snacks**

### WHAT ABOUT PROTEIN?

Although nuts (and peanut butter) are a great source of protein, many other foods supply the same amount of protein and other nutrients that nuts have. In fact, your child is probably already getting more than enough protein each day. Foods from the Meats and Alternatives and Milk Products food groups contain protein, and small amounts of protein are also found in foods from the Grain Products and Vegetables and Fruits food groups.

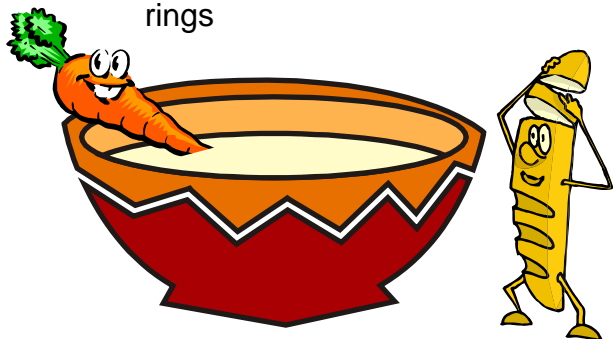
## PEANUT FREE SNACKS

- Juice boxes vegetable or fruit
- Cheese slice wrapped around a bread stick
- Mini bagels with cream cheese & cucumber slices
- Cheese slice & meat slice rolled up in a hot dog bun
- Whole grain (nut free) bread & cheese (Swiss, gouda)
- Pancake sandwich with mashed fruit filling
- Sliced meat wrapped around a cheese stick
- Plain yogurt mixed with favourite fruit
- Celery sticks stuffed with soft cheese
- Homemade (nut free) oatmeal cookies
- Arrowroot cookies and dried fruit
- Popcorn (for older children)
- Whole grain (nut free) muffin
- Fruit cup (packed in juice)
- Half bagel with cheese
- Milk-based custard
- Hard boiled egg
- Fig Newtons
- Soy nuts
- Corn nuts
- Fresh fruit
- Dried fruit
- Date square
- Fruit salad
- Cheese biscuits
- Chocolate milk
- Mixture of dry cereal (nut free)
- Cottage cheese with raisins on top
- Cottage cheese mixed with chunks of melon
- Zucchini, banana, lemon loaf (nut free) and milk
- Triscuits and Wheat Thins (crackers) & cheese (havarti, cheddar)
- Trail mix (Shreddies, chocolate chips, dried fruit, marshmallows...)
- Mini pizza: half English muffin, tomato sauce & favourite toppings
- Yogurt mixed with dried fruit (raisins, cranberries, apricots)
- Smoothie (yogurt + fresh fruit + ice cubes in a blender)
- Frozen yogurt popsicles (homemade)
- French toast with applesauce on top
- Oatmeal with raisin face on top



# TAKE A DIP

- Milk puddings with graham crackers to dip
- Homemade dip with vegetables (dip = plain yogurt with herbs)
- Fruit yogurt with graham crackers
- Applesauce and cinnamon with whole grain (nut free) toast
- Hummus with bread sticks/chunks of whole grain bread
- Apple sauce (or other fruit sauce) with graham crackers
- Fruit yogurt with graham crackers
- Homemade dip with pita cut in strips (dip = plain yogurt with herbs)
- Flavoured Yogurt and fruit kabobs
  - Salad Dressing and green pepper rings



# PEANUT-FREE MEALS

- Meatballs in sauce
- Wrap up leftovers (stir fry or grilled vegetables and rice in a soft tortilla shell)
- Pasta salad with vegetables and shredded cheddar cheese
- Lentil soup
- Bean burritos
- Tossed salad with shredded cheddar cheese and dressing
- Pasta with meat or vegetable sauce
- Pizza
- Stew
- Pasta salad with chunks of tuna and vegetables
- Tossed salad with chick peas and dressing
- Milk-based soup
- Fried rice with cooked vegetables and pineapple chunks
- Baked macaroni and cheese
- Chili
- Potato salad with cooked egg
- Lasagna
- Beef barley soup
- Baked beans

# STUFF IT

- Mini pitas stuffed with ham salad and shredded cheese
- Mini pitas stuffed with chicken salad and raisins
- Mini pitas stuffed with cheese and raisins
- Mini pitas stuffed with egg salad
- Mini pitas stuffed with a cheese cube and a cherry tomato
- Mini pitas stuffed with cottage cheese and cucumber slices
- Mini pitas stuffed with tuna/salmon salad and cherry tomato



Almonte	256-1203
Brockville	345-5685
Gananoque	382-4231
Kemptville	258-5941
Smiths Falls	283-2740

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