



Peanut & Nut Aware Lunches & Snacks

Are you finding it a challenge to make lunches & snacks for your children without the famous peanut butter sandwich? Well, say goodbye to the old stand-by and hello to easy-to-make peanut-free lunches.

Allergic reactions to peanuts can be fatal.

The most important thing you need to know when planning & preparing peanut-free lunches & snacks is how to avoid peanuts in order to protect the well-being of peanut sensitive individuals. *The following are tips to ensure that you avoid peanuts & or peanut containing ingredients.*

Tips for Avoiding Peanuts—When Grocery Shopping:

- Never assume that a food is free of allergic ingredients.
- When buying pre-packaged, prepared foods, read labels carefully **every time** you shop. Ingredients often change without warning - a product that was safe last week may not be safe this week.
- You might find the disclaimer “may contain trace amounts of peanuts or nuts” on some processed foods. This means that the manufacturer is not 100% sure that the product is peanut-free. To be safe, do not use these products.



Food Safety

- Use a thermos to keep milk cold.
- Use frozen juice boxes, mini freezer packs or ice packs to keep foods cold in insulated lunch bags.
- Wide mouthed thermoses keep chili & pasta hot.

Foods to Avoid

Foods to Question

These products either contain peanuts, or ingredients that came in contact with peanuts.

For these foods refer to the labels on the packaging of the food.

• Peanuts	• Peanut protein	• Beer Nuts	• Candy/Chocolate
• Peanut flour	• Peanut oil/arachis oil	• Mandelona*	• Frozen desserts
• Peanut sauce	• Mixed nuts	• Peanut meal	• Baked goods/desserts
• Satay sauce	• Hydrolyzed peanut protein	• Vegetable/almond paste	• Potato chips
• Goober nuts			• Crackers
• Ground nuts	• Peanut butter	• Goober peas	• Soups, gravies, hamburgers
			• Cereals
* Mandelona nuts are peanuts which have been de-flavoured, re-flavoured, pressed & sold as almonds, walnuts or other nuts. (Brand name – “Nu-Nuts”)			• Plant protein/hydrolyzed vegetable protein
			• Hydrogenated vegetable oil / shortening
			• Chinese or Thai food

Nut or Not a Nut?

Peanuts are actually “legumes” and are not nuts at all. However, during food production and processing, peanuts and nuts such as almonds, walnuts, etc. often come into contact with one another (for instance the same equipment may be used for chopping peanuts and walnuts in a factory). For this reason, people who are allergic to peanuts should also avoid the following foods:

• Almonds	• Hazelnuts or filberts	• Marzipan or almond paste
• Cashews	• Chestnuts	• Pecans
• Macadamia nuts	• Chocolate-nut spreads (eg. Nutella)	• Walnuts
• Pine nuts/pinyon nuts*	• Beech nuts	• Nutbutters (eg Cashew butters)
• Pure almond extract	• Brazil nuts	• Nougat
• Pesto sauce*		• Pistachio nuts

pesto sauce usually contains pine nuts

School Lunch & Snack Ideas Easy, Nutritious & Peanut/Nut Aware

Sample Peanut & Nut Aware Meals

• Hot chili	• Cheddar cheese on raisin bread	• Egg salad on bagel
• Whole wheat roll	• Carrot sticks and dip	• Cherry tomatoes
• Celery sticks	• Milk	• Watermelon chunks
• Milk	• Banana	• Chocolate milk

Plus . . . Peanut & Nut Aware Snack Ideas

• Plain yogurt mixed with fruit	• Half bagel with cheese	• Homemade oatmeal cookies
• Fruit cup (canned in juice)	• String cheese and bread sticks	• Hard boiled egg
• Milk pudding	• Lemon-blueberry or carrot muffins	• Any fresh fruit
• Cereal & pretzel mix	• Sliced meat wrapped around cheese sticks	• 1/2 cup 100% juice
• Vegetables with dip	• Mini-pitas stuffed with cheese	



For More Information contact your
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