



Peanut-less Lunch Ideas

Schools are working hard to protect children with life threatening allergies. This means students are asked not to bring lunch items containing nuts or peanuts.

Are you finding it a challenge to make lunches without the famous peanut butter sandwich? Well, say hello to easy-to-make peanut-less lunches.

- Sandwich fillings such as lean meat, poultry, fish, egg salad, or beans.
- Vegetarian sandwiches made with avocado, cream cheese, cucumbers, tomato, hard cheese and/or lettuce. Keep it interesting by using whole grain wraps, pitas or buns instead of just bread.
- Quesadillas, soft tacos or burritos – flour tortilla topped with cheese, meat or beans and vegetables. Serve with salsa and low-fat sour cream or plain yogurt.
- Cheese and crackers. Read labels carefully to make sure the crackers have not been in contact with peanuts or peanut oil.
- Bagels and low fat cream cheese or cheese spread and fruit.
- Pizza bagels, buns or English muffins.
- Chili and a bun.
- Pasta and sauce.



Children with peanut allergies should never take food from another child, even if they think the food is peanut-free. **Read the ingredient label carefully every time you shop because companies often change ingredients.**

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