



Peanut-Free Lunch



Getting children to eat healthy, balanced lunches at school is a challenge in itself without having to worry about a peanut allergy or peanut-free school policy. Most children can eat enough protein by choosing foods from the four food groups of Eating Well with Canada's Food Guide.

Protein is primarily found in the Meat and Alternatives and Milk and Alternatives food groups. Smaller amounts are found in the Grain Products and Vegetables and Fruit food groups.

These foods have about the same amount of protein as 2 tablespoons (30 mL) of peanut butter:

Peanut Butter Substitute	Can Be Served...
30 g (1 oz) meat, poultry or fish	in a sandwich, wrap or salad
2 eggs	hard boiled eggs or in a sandwich
175 mL (3/4 cup) beans, peas or lentils	in a salad or puréed in a dip (hummus)
250 mL (1 cup) milk	plain, chocolate or strawberry
175 mL (3/4 cup) yogurt	on its own or as a dip for fruit
30 g (1 oz) cheese (cheddar, swiss, gouda)	with crackers, in a sandwich, alone

Peanut Butter-Less Lunch Menu Ideas

A healthy and balanced lunch includes food items from at least 3 of the 4 food groups. Choose a variety of food items from each food group to create a balanced meal. Don't forget to plan ahead and add specific lunch and snack items on your grocery list to make sure you have them on hand when creating lunches. Get the children involved in making their own lunch and ask them to mix and match foods from Canada's Food Guide to add variety and surprises!

Examples of menus without peanut butter

Menu #1
★ sliced meat, cheese and lettuce in a pita
★ baby carrots
★ orange slices
★ oatmeal raisin cookies
★ milk

Menu #2
★ hard boiled egg
★ celery stuffed with soft cheese
★ mini bran muffin
★ milk pudding
★ 100% fruit juice

Menu #3
★ leftover macaroni and meat sauce
★ cucumber slices
★ fruit cup in its own juice
★ chocolate milk

Plus...Peanut Butter-Less Snack

Remember, a healthy and balanced snack includes food items from at least 2 of the 4 food groups. Make your own favourite combination of 2 food group items. Here are some examples:

- any fresh fruit dipped in vanilla yogurt
- milk pudding and strawberries
- fruit cup packed in juice and milk
- yogurt mixed with plain cereal
- cheese and rice cakes
- mini homemade muffin with cheese cubes
- half bagel with cheese and cucumber slices
- soft tortilla with bean spread
- popcorn (for older children) or pretzels and juice boxes - 100% vegetable or fruit
- veggies with cottage cheese, tzatziki or other dip
- sliced meat wrapped around cheese sticks and whole grain crackers
- hard boiled egg and mini bread sticks
- cereal and dried fruit*
- baked potato with chilli or salsa
- oatmeal or graham cookies with applesauce
- cold vegetarian pizza slice

*Brush your teeth or rinse with water after snacking as these foods stick to your teeth.

Don't Forget to Pack Food Safely

- Make sure food is steaming hot before placing it into a thermos.
- Prepare foods to be kept cold the night before, so they are well chilled in the morning.
- To keep food cold, use an ice pack, frozen juice box or frozen yogurt tube in an insulated lunch bag. Use frozen bread for sandwiches (they will thaw by lunch time).
- Clean lunch bags, water bottles and utensils everyday.
- Rinse all fresh fruits and vegetables under cold running water.



For more information

- Eat Right Ontario: www.ontario.ca/eatright
- Anaphylaxis Canada: www.anaphylaxis.ca
- The Hospital for Sick children: www.sickkids.ca (search for food allergies and intolerances)

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