Peanut and Tree Nut-Free Meals and Snacks

There are many healthy food choices that don't contain peanuts or tree nuts.

Who needs to choose peanut and tree nut-free foods?

- Children with a peanut allergy need to choose peanut-free foods.
- Children with a tree nut allergy need to choose tree nut-free foods.
- Some classrooms, schools, or child care centres ask that children bring foods that are free of peanuts, tree nuts, or both.

How can I tell if a food has peanuts or tree nuts in it?

- Read the entire ingredient list and the "contains" statement on the food label every time you buy a product because the ingredients may change.
- Food products that **contain peanuts are labelled** with the word "**peanut**."
- Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.
- Avoid foods that have the words "contains" or "may contain" peanuts or tree nuts on the label.

Ingredients: Whole grain oats, sugar, canola oil almonds salt, natural flavour.

Contains: almonds

Cross-contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nut can cause an allergic reaction. Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food.

Meal ideas



Chicken wrap, celery sticks, a banana, and milk

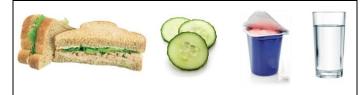


Tofu stir-fry with rice*, pear slices with yogurt dip, and water

* Store-bought sauces may contain peanuts or tree nuts. Always read the label.



Bison stew, bannock, applesauce, and milk



Tuna sandwich, cucumber slices, yogurt, and water



Congee with pork, snow peas, an apple, and milk



Snack ideas

Yogurt mixed with fruit Hummus and pita bread Fruit cup and cottage cheese Cut-up vegetables with dip Mini bagel with sunflower seed or soy butter Hard-boiled egg and cucumber slices Cheese and crackers Vegetable and chickpea samosas Homemade trail mix (cereal, seeds, dry roasted soybeans, dried fruit,

Mini-pitas stuffed with cheese and tomatoes

Melon with yogurt dip

Popcorn sprinkled with Parmesan cheese

Small muffin and blueberries

Peanut and tree nut-free cereal bar

Choking hazards: Some foods can cause choking in children under 4 years old. Foods like hard raw vegetables can be grated, cut into small pieces, or cooked to make them safe. Don't give foods like whole sunflower seeds and popcorn to children under 4 years old.

For more information

Visit healthycanadians.gc.ca:

- Click on <u>Health</u> > <u>Food and nutrition</u> > <u>Food</u> allergies and intolerances
- Search peanut allergy or tree nut allergy

pretzels, etc.)