

Healthy Food In Schools

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Tips for Packing Peanut Free Snacks

Are you looking for peanut-free snacks to pack for school? The information below will help.

- Read
- Read the labels on packaged foods to ensure they do not contain peanuts or peanut products EVERY time you shop. Ingredient lists can change.
 - Look for the CONTAINS/MAY CONTAIN statement on the label, especially when there are ingredients that may contain peanut.
- Avoid
- Bulk foods as there is no list of ingredients.
 - Processed foods that do not have an ingredient list or a list that is unclear (e.g.: some imported foods, bakery items or baking mixes).
- Wash
- Hands
 - Counter Tops or Cutting Boards
 - Utensils
 - Containers
 - Dish Cloths



If you have peanuts or peanut products in your home, they may have touched your hands or kitchen equipment. Wash before preparing a peanut safe snack.

See other side for some tasty snack ideas. Include a small frozen cold pack to keep perishable foods cold (remind child to bring it home!).

Note, the information in this fact sheet does not replace any advice given by a doctor and does not provide all of the necessary information to manage food allergies. The food suggestions do not exclude all potential allergens.

- For more information on Allergy Awareness when Packing School Lunches from Health Canada go to http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/school-lunch_repas-ecole-eng.php

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535

Visit our website: www.gov.mb.ca/healthyschools/foodinschools

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The list below includes lots of “packable” snack options for different appetites and food preferences. (Note, ALWAYS check the ingredient list. When baking or cooking check the ingredient list of all products you are using).

- Celery Sticks Stuffed with Soft Cheese
- Mini Tuna Bun
- Whole Grain Crackers and Cheese
- Greek Yogurt
- Cookie and Milk
- Whole Grain Cereal with Milk
- Homemade Muffin with Apple
- Whole Wheat Turkey Pita
- English Muffin with Cheese Stick
- Parmesan Popcorn
- Crackers with Sliced Hard-boiled Egg
- Popsicle Stick Kabob (can be made with fruit, meat, cheese, cherry tomatoes, and/or chunks of bread)
- Fruit Cup
- Apple or Fruit Sauce
- Hummus and Pita Wedges
- Yogurt Tube
- Mini Bagel with Soft Cheese

Need Variety? Try out these vegetables— serve plain or with a dip.

- Carrot Sticks
- Celery
- Snap Pea
- Cherry Tomatoes
- Pepper Strips
- Radish
- Cauliflower
- Mushroom
- Turnip Sticks
- Broccoli
- Cucumber
- Zucchini



Need Variety? Try out these fruits— serve plain or with a dip.

- | | | |
|-------------------|----------------|----------------|
| • Sliced Apple | • Cherries | • Blackberries |
| • Small Banana | • Green Grapes | • Blueberries |
| • Mandarin Orange | • Pears | • Strawberries |
| • Melon Chunks | • Pineapple | • Plum |
| | • Tangerine | • Red Grapes |
| | • Peach | • Grapefruit |
| | • Nectarine | • Mango |
| | • Kiwifruit | • Papaya |