

# 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, pretzels, etc.)	

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](http://healthycanadians.gc.ca):

- Click on [Health](#) > [Food and nutrition](#) > [Food allergies and intolerances](#)
- Search *peanut allergy* or *tree nut allergy*