



Peanut Butter-less Lunches

Peanut-Aware Schools



As of January 1, 2006, schools in Ontario are required to prepare safety plans for students with fatal allergies as part of Sabrina's Law, named after a Pembroke teen who died of severe allergic shock in her high school.

The law requires school principals to prepare individual plans for students with life-threatening allergies, and for school staff to be trained on how to recognize and aid students suffering from anaphylactic shock.

This means that your children, even if they don't have food allergies, may not be allowed to bring peanuts or peanut butter in their school lunches and snacks. This can make packing lunches and snacks a bit more challenging, but don't worry....there are plenty of other healthy and tasty high-protein options:

The following foods have approximately the same amount of protein as in two tablespoons of peanut butter:

- ◆ 30 g (1 oz.) lean meat, poultry or fish (roast beef, ham, chicken, turkey, tuna, salmon, etc.)
- ◆ 2 eggs
- ◆ 175 mL (3/4 cup) chickpeas, lentils or kidney beans
- ◆ 250 mL (1 cup) milk or chocolate milk
- ◆ 175 mL (3/4 cup) yogurt
- ◆ 30 g (1 oz.) cheddar cheese
- ◆ 125 mL (1/2 cup) hummus
- ◆ 250 mL (1 cup) split pea or beef soup
- ◆ 125 mL (1/2 cup) chili

It's true!

One large bagel (136 g) has about the same amount of protein as in two tablespoons of peanut butter!



Sample Peanut Butter-less Menus

Monday

- ◆ Sliced meat, cheese and lettuce in a pita
- ◆ Carrot sticks
- ◆ Orange slices
- ◆ Milk (white or chocolate)

Tuesday

- ◆ Crackers with cheese cubes (or cheese slices)
- ◆ Cucumber slices or coleslaw
- ◆ Canned fruit (in juice)
- ◆ Milk (white or chocolate)

Wednesday

- ◆ Cold hard boiled eggs
- ◆ Celery stuffed with soft cheese
- ◆ Raisin bran muffin
- ◆ Milk pudding
- ◆ Fruit or vegetable juice (100% pure)

Thursday

- ◆ Leftover pizza slice
- ◆ Green pepper rings
- ◆ Yogurt
- ◆ Fruit or vegetable juice (100% pure)

Friday

- ◆ Hot soup or stew in a thermos
- ◆ Vegetables & dip
- ◆ Fresh fruit or applesauce
- ◆ Milk (white or chocolate)



Don't forget to pack food safely:

Use a wide-mouth thermos to keep milk cold and foods, like chili and pasta hot. To keep food cold, use frozen juice boxes or frozen bread for sandwiches (they will thaw by lunchtime) or use an insulated lunch bag. Sandwiches made the night before will stay colder than those made in the morning.

Plus ... peanut butter-less snacks!

- ✓ Plain yogurt mixed with fruit
- ✓ Nut-free milk puddings (not pistachio or peanut butter)
- ✓ Fruit cups (canned in water or juice)
- ✓ Any fresh fruit
- ✓ Celery sticks stuffed with soft cheese
- ✓ Cheese and crackers
- ✓ Whole grain cereal
- ✓ Whole grain muffin
- ✓ Half bagel with cheese
- ✓ Juice boxes-vegetables or fruit
- ✓ Popcorn (for older children)
- ✓ Vegetables with dip
- ✓ Sliced meat wrapped around cheese sticks
- ✓ Mini pitas stuffed with cheese - try cheddar, swiss, gouda
- ✓ Mini bagels with cream cheese