

PEANUT-FREE SNACK/LUNCH LIST

"Food impacts how well a child's brain works, affecting their moods and abilities ... In a child's brain junk food can cause neurotransmitters, which pass along information, to function improperly. Smart foods, however, allow information to be processed correctly and help the child function at their optimal level." – *Dr. Sears, one of America's most renowned pediatricians and author of over 40 books*

LET'S HELP OUR CHILDREN DO THEIR BEST AT SCHOOL BY SENDING IN SMART "REAL FOOD" SNACKS

REAL FOOD IS...

- 100% whole grain (there is a difference between 100% whole grain and just "whole grain")
- Made with no (or very little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables, dairy products, seeds, dried fruit, animal products
- More a product of nature than a product of industry

REAL FOOD IS NOT...

- "Low fat" or "low carb" or "low calorie" products (in most cases)
- Made with artificial sweeteners like Splenda, NutraSweet, Equal
- Deep fried in refined oil
- 100-calorie packs made with refined grains like white flour (labeled as "wheat flour")
- Something out of a package containing ingredients you cannot pronounce
- Highly processed food that is labeled as organic

SOME IDEAS FOR HEALTHY SCHOOL SNACKS AND LUNCHES

FRESH FRUITS & VEGETABLES

- Apple
- Banana
- Carrots
- Celery
- Mango
- Pear
- Grapes
- Strawberries
- Blueberries
- Raspberries
- Oranges
- Peaches
- Plums
- Grapefruit
- Red, Green, Yellow or Orange Pepper

- Avocado
- Pineapple
- Papaya
- Star Fruit
- Figs
- Honeydew Melon
- Cantaloupe
- Watermelon
- Black Beans, Pinto Beans, etc.
- Cherries
- Edamame (soy beans, can be found in the freezer section)
- Sugar Snap Peas
- Green Beans
- Sweet Potato (with cinnamon)
- Sliced Bell Peppers
- Cucumber
- Jicama (in the produce section, tastes sweet)
- Pomegranate
- Cherry Tomatoes
- Snow Peas
- Cauliflower
- Broccoli
- Lentils
- Garbanzo Beans

Some of these veggies would be great dipped into Hummus, or make your own veggie dip using dill and plain yogurt.

OTHER “REAL FOOD” SNACKS

- Cheese (string cheese, cheese cubes sent with cubed fruit...)
- “GoGurt (buy the Simply GoGurt to avoid the artificial dyes and ingredients)
- Plain yogurt sweetened with a little honey, can also add sliced fresh fruit or granola (one great brand is Stonyfield Farms Plain whole milk yogurt-comes in a large container)
- Raw Sesame Seeds
- Raw Pumpkin Seeds
- Sunflower seeds
- Hard-Boiled Eggs
- GoRaw Live “Granola Bar”
- Olives

100% WHOLE-GRAIN SNACKS

- Triscuits
- Popcorn (add your own topping; watch out for the ingredients on the microwave variety)
- Oatmeal not instant-buy steel cut or Quaker old fashioned oats (served warm in thermos)
- Shredded Wheat
- Puffed Whole Grain Cereal (Corn, Wheat)
- Finn Crisp Thin Rye Crispbread (in the bread isle)
- Wasa Rye Cripsbread Varieties (cracker or bread isle)
- Kashi Heart to Heart Whole Grain Crackers (Original and Roasted Garlic)
- Kashi 7 Grain Frozen Waffles
- Whole-Wheat or Brown Rice Pasta
(Macaroni noodles, penne, etc. can be served warm with butter in thermos or served cold as a pasta salad)
- Brown Rice (good with bits of avocado and soy sauce, serve warm in a thermos with butter, or add a tomato sauce)
- Whole Wheat Couscous (good mixed with a Greek yogurt sauce called Tzatziki)
- Bagel (plain or whole wheat) with cream cheese
- Whole grain muffin (zucchini, banana, blueberry are some suggestions, add a few dark or semi sweet mini chips as a special treat)

DRIED AND CANNED FRUITS

- GoGo Squeeze Applesauce
 - Unsweetened Applesauce
 - Unsweetened Raisins
 - No sugar added Fruit Leathers (ingredients are just fruit)
 - Dried Mango, Banana Slices, Blueberries or Strawberries, cranberries (crazins)
 - Dried Pineapple or Banana Chips
 - Dried Apple Rings
 - Mandarin oranges (in juice not syrup)
 - Dried Mission Figs
 - All Funky Monkey Freeze Dried Fruit Varieties (Target)
- If you buy canned fruit, look for those canned in their own juice and not with syrup or splenda (usually a claim like "low sugar" will be on the front if an artificial sweetener is added).

Birthday treats

A birthday treat does not have to be cake or cookies. Be creative and have your child help you choose and make something that they love. Fruit Kabobs, fruit juice popsicles, ice cream with fresh fruit, yogurt parfaits...use your creativity!

Lunch Ideas

“Sandwiches”

- Bagel with cream cheese
- “P”B&J (using Wow butter or Sunbutter instead of peanut butter. Sunbutter tastes like sunflower seeds, but the Wow Butter is very close in taste and texture to peanut butter)
- Wrap (tortilla with lunch meat, cheese, and veggies)
- Cracker “sandwich” (triscuits with small slices of cheese, meat or whatever toppings you love)
- A slice of whole wheat pizza (served cold)
- Egg salad or tuna salad sandwich (make sure to use enough ice packs)
- Waffle or pancake “sandwich” (waffle or pancake with cream cheese and jelly)

“Sides”

See above snack items

“Desserts”

A dessert is not needed after every meal. If you feel the need for a special treat, a little sweet goes a long way. Please keep in mind that a serving for a child is much smaller than a serving for an adult. Fruit can be a great dessert. One small cookie (it should easily fit in a child’s palm), a bite sized piece of chocolate (like Dove) are a couple of ideas

“Hot Items”

Use a good quality leak proof thermos. Warm it up with some boiling water before adding the hot foods to keep items hot longer.

- Whole wheat (Annie’s) Mac and cheese
- Pasta with spaghetti sauce, could also add meatballs
- Soup
- Chili
- Oatmeal
- Tortellini
- Any items leftover from supper the night before

Beverage

- Water in a leak proof bottle
- Milk in a “drink box” or purchased from the school (preferably white)
- Save the juice for breakfast and limit to 4oz a day. Juice is VERY high in sugar. It’s better to eat the fruit than drink the juice.

TO MAKE SURE AN ITEM IS PEANUT FREE, PLEASE READ THE LIST OF INGREDIENTS ON THE LABEL (NOT JUST THE FRONT). AVOID IF IT CONTAINS PEANT, PEANUT PRODUCTS OR IS MADE IN A FACILITY THAT PROCESSES PEANUT. IF IN DOUBT, ENJOY IT AT HOME.

“Picky” eaters can learn to love a variety of foods. Remember that it takes on average 20 tries to like a new food. Have them take at least one bite of something new every time you serve it. Don’t be afraid to try new things. Your kids may love something that surprises you or that you don’t like. Have them help make the choices or assemble the meal or snack. This can help in their enjoyment of the food.

Good hydration. It is OK to bring a LEAK PROOF water bottle to school. Please talk with your child’s teacher to see their particular rules. A child should drink until they are no longer thirsty. There is not a set volume that they should consume daily.

If you would like more information (just a couple links of the thousands available)

[100 Days of Real Food](#)

[In Defense of food](#)

[Food Rules](#)