

MIX & MATCH FOR PEANUT-FREE FUN

Choose items from the following food groups from Canada's Food Guide for safe, peanut-free snacks and meals that kids will love!

GRAIN PRODUCTS

- Pita bread use to dip in tuna salad, home made dip
- Bagels with cream cheese, cottage cheese, even melted cheese!
- Cereal (read the label!)
- Muffins (home made)
- Crackers (read the label!)
- Rice hot, cold, or try rice pudding made with milk!
- Granola (home-made)
- Cookies (home-made)
- Hot cereal, such as oatmeal make a jam face on top!
- Toast dip in applesauce & cinnamon
- Cakes or loaves, such as banana loaf or zucchini loaf (with cocoa) (home-made)
- Pancakes let the kids make pancake sandwiches!
- French toast with yoghurt and fruit
- Popcorn sprinkled with parmesan cheese

VEGETABLES AND FRUIT

- Celery sticks filled with cream cheese
- Veggies and home-made dip or home-made salad dressing
- Sliced fruit with vanilla or fruit flavoured yoghurt, or make fruit kabobs!
- Oven baked french fries (home-made)
- Fruit juices
- Fruit salad let the kids pick so it is different every time!
- Dried fruit, such as raisins, apricots, cranberries mix with yoghurt or make a dried fruit "trail mix"

MILK PRODUCTS

- Cheese
- Yoghurt try making your own frozen yoghurt pops!
- Milk
- Puddings made with milk (home-made)

MIXED DISHES

- Pizza let kids make their own mini-pizzas!
- Spaghetti
- Lasagna
- Pasta salad with veggies
- Potato salad with egg
- Baked macaroni and cheese
- Nutrition shakes milk + fruit flavoured yoghurt + pieces of real fruit

MEAT AND ALTERNATIVES

- Tuna salad, ham salad, chicken salad
- Hamburgers, meatballs in sauce
- Cold cuts (for sandwiches or finger foods!)
- Pizza
- Hard cooked eggs try devilled eggs!
- Chicken nuggets (home-made)

Read all labels of any pre-packages products to make sure that it does not contain peanuts.

Examples of products that may contain peanut:

- Canned stews and chili
- Frozen chinese or asian meals
- Powdered or jarred sauces, such as for stir fry or marinating
- Prepared soups (canned or dry)
- Commercial granola, cereal bars
- Baked goods
- Cookies
- Candies
- Chocolate bars
- Prepared and frozen desserts, including ice cream
- Vegetable oil