



Dearest Early Childhood Families,

The physical benefits of proper nutrition are endless, it gives children the energy to live life to the fullest, maintains the immune system, prevents obesity and reduces the risk of chronic disease.

But...what to do if your child will only eat PB&J?

This is a big one! Children have their favorites and it can be discouraging to see your nut sensitive alternatives coming back home when you clean out the day's lunchbox. This however can be an incredible opportunity to entice your children to develop new tastes with creative and inviting options when packing nut sensitive lunches from home.

Here's what we suggest to try:

Delicious and nut-like spreads that work the same way as peanut butter, there are many sold in most retail food stores.

Butter alternatives:

Soybean Butter (like Wowbutter)

Sunflower Seed Butter (like Sunbutter)

Granola Butter

Golden Pea Spread (like Sneaky Chef)

Cookie Butter (such as Lotus Biscoff)

Baru Seed Butter

Pumpkin seed butter

Sesame seed butter (Tahini)

Ideas for healthy nutritious nut sensitive lunches;

Investing in a hot/cold food thermos is a plus. Bento box style lunch boxes are also a great way to go!

- Sandwich Wraps (tuna or cheese)
- Pizza
- Quesadilla
- Green or Grain Salad
- Pasta/grain salad
- Sushi
- Pasta Salad or Spaghetti
- Lox bagel and cream cheese
- Tuna salad
- Tofurkey
- Veggie nuggets
- Cream cheese and jelly
- Yogurt and nut free granola

- Waffles/ waffle sandwich
- Egg salad
- Tuna salad
- Hard boiled eggs
- Scrambled eggs with or without cheese
- Oatmeal with fruit
- Cheese and crackers
- Check out the link to Madegood Foods delicious allergen sensitive snacks!
<https://www.madegoodfoods.com/collections/discover-madegood>

Here is a fun nut sensitive, lunchbox friendly recipe to try...

<https://www.momables.com/grilled-cheese-dippers/>

A tip for making a sandwich exciting...

Use cookie cutters; various shapes and symbols with soft sliced bread. See link below...

StarPack Kids Sandwich Cutter Set of 4 - Sandwich and Bread Crust Cutters in 4 Cute Shapes,

https://www.amazon.com/dp/B0162AGJP6/ref=cm_sw_r_cp_api_glt_fabc_FGHWNZVS03TB65JKGJAB?_encoding=UTF8&psc=1

We hope that you find these ideas helpful! Please reach out to share any additional ideas/ recipes to add!

With Gratitude,

The Early Childhood Team