



## City of Cambridge Peanut Policy

Parents are reminded that The City of Cambridge has restricted peanuts and peanut products from our **Recreation Programs** because some of our participants have severe allergies to these products. While we recognize that this policy may cause some minor inconvenience to parents we know that you want to provide a "safe" environment for all participants.

Adhering to these food regulations shall be the responsibility of all. The instructors, leaders and volunteers shall monitor participant's lunches and snacks. If inappropriate foods are identified, the participants will be asked save it until they return home. A friendly note or phone call shall be given to the parent by our staff. If found on a trip and their lunch contains peanut products that child will proceed to eat their lunch separate from the other participants with a volunteer. Upon finishing their lunch they will dispose of their waste and wash their hands and face.

Remember to send only peanut free lunches/snacks with your child each day. In addition, participants shall not share snacks or lunches with anyone. These food regulations apply to all parents, volunteers, leaders and instructors.

**The City of Cambridge and the parents of children with peanut allergies, recognize that the implementation of this policy may reduce, not eliminate, the risk of accidental exposure. Please note that our facilities are NOT peanut and nut-free. Items in the concession or vending machines may contain peanut and nut products and customers using the facility may bring in peanut and nut products. We will send a note to all parents of participants in registered day programs encouraging peanut and nut-free snacks and lunches if we are alerted to the fact that a participant has a peanut or nut allergy!**

Below are suggestions for preparing nutritional lunches that do not contain peanuts or other nuts:

***Sandwich fillings:***

Chicken - can be spiced, smoked, or chicken salad  
Turkey - can be spiced, smoked or turkey salad  
Lean beef or ham - minced or sliced  
Pork - sliced or chopped. Try adding applesauce or relish  
Sliced meatloaf  
Lean luncheon or deli meats  
Tuna or salmon - prepared with mayonnaise, or relish for a change  
Cheese spread or molasses  
Sliced cheddar with jam or mayonnaise  
Processed cheese with apple, crumbled bacon, or pickles  
Cream cheese with chopped cherries, or chopped olives  
BLT - bacon, lettuce and tomato  
Apple butter or cinnamon sugar butter  
Cucumber or any vegetable  
Jam or marmalade

***Tired of plain bread? Try:***

Whole wheat, oatmeal, rye or pumpernickel  
Pita pockets or English muffins  
Bagel, hot dog or hamburger buns  
Soft tortilla shells  
Crusty rolls  
Sub buns  
Tea biscuits, croissants, crackers or rice cakes

***Ideas for warm foods to pack in a wide mouth thermos:***

Spaghetti, macaroni, other pasta or rice dishes  
Soups  
Stews, casseroles  
Chicken nuggets  
Leftovers

***Ideas for cold foods to pack in a wide mouth thermos:***

Potato or pasta salad with cubes of cheese or meat  
Chef or garden salad  
Fruit salad with cottage cheese

***Miscellaneous other "any time" favourites:***

Pizza  
Nut-free muffins with yoghurt or cheese  
Hot dog - warm the wiener and pack in a tall (beverage) thermos to keep it warm until lunchtime. Put condiments on the roll, packed separately, or save up those packets from fast food restaurants to send!  
Cold cereal - pack the milk separately in a cold thermos or join the school's milk program

***Suggestion for keeping foods fresh and cold:***

Pack dips and salad dressings in containers separate from the foods they go with, to prevent foods from getting soggy  
Pack sandwich components such as tomato and lettuce separately, for kids to put together before eating  
Freeze fruit juices and individual lunch portions ahead of time. Most will thaw by lunchtime.  
Refrigerate all snacks and lunch overnight, even cookies and muffins. They are a suitable temperature by lunchtime, but help to keep other food cool in the meantime.  
Use a small, lunch-size freezer pack.

***Other suggestions for snacks or to fill up a lunchbox:***

Cubes of meat or cheese  
Snack crackers such as Christie Bacon Dippers, Swiss Cheese, Wheat Thins or Scuba Snacks  
Raw veggies such as carrots, celery sticks and broccoli served with dip or cheese spread  
Fresh fruits such as apples, oranges, peaches, plums, grapes, melon and cantaloupe  
Popcorn  
Multigrain bars  
Soda crackers  
Quaker rice cakes  
Bread sticks  
Melba toast  
Nut-free cookies  
Nut-free dry cereal such as Shreddies, Corn Bran or Mini Wheats  
Raisins  
Snack size tin fruit  
Apple sauce  
Yoghurt and Yop yoghurt drink  
Pudding  
Jell-O

Reference:

Admiral Westphal Elementary School Peanut Policy. Peanut sensitive school. [http://www.awes.ednet.ns.ca/peanut\\_policy.htm](http://www.awes.ednet.ns.ca/peanut_policy.htm).