

Summers at LREI is a **nut and seed aware** institution. We **do not allow** the following nuts and seeds, or foods containing these nuts and seeds, to enter our program:

- *Almond
- *Brazil Nut
- *Cashew
- *Chestnut
- Coconut (botanically a fruit)
- Cottonseed
- Flax seed, linseed
- *Hazelnut
- *Macademia Nut
- *Peanut (botanically a legume)
- *Pecan
- *Pine nut
- Pistachio nut
- Poppy seed
- *Sesame
- Sunflower seed (botanically a fruit)
- *Walnut

* Please **do not** pack products containing **oils** from the asterixed nuts or seeds.

* Olive oil, avocado oil, sunflower oil, flax seed oil, cottonseed oil, coconut/palm seed oil **are** permitted in bagged lunches on Fridays.

Please be particularly aware of where some of these nuts and seeds can be hidden. For example:

Hummus most hummus contains tahini sauce (made from sesame seeds)
Pesto often made with pine nuts
Bread (or other baked goods) w/ nuts or seeds baked in
Granola
Health bars many contain nuts and seeds
Nutella made with hazelnuts

Some no-nut, no-seed suggestions for protein-rich lunches:

Soy-nut butter and jam sandwich

Bean and cheese quesadillas/tacos

Yogurt – plain or with fruit

Homemade hummus (without tahini!) –
Mashed chickpeas and lemon juice

Cheese sticks

Ants on a log – Cream cheese with raisins on celery, *or* made with soy-nut butter instead of cream cheese

Rice cakes – with cream cheese, soy nut butter

Quinoa and beans

Cold cut sandwiches (or roll-ups) – cheese and turkey or ham, etc.

Tofu scramble or tofu with veggies

Smoothie made with fruit and soy nut butter, silken tofu, or yogurt

Tuna or chicken salad

Chicken nuggets/soy nuggets

Veggie burger

****Note that any foods containing meat or dairy, or foods that have been previously cooked should be packed with an ice pack.**