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.**