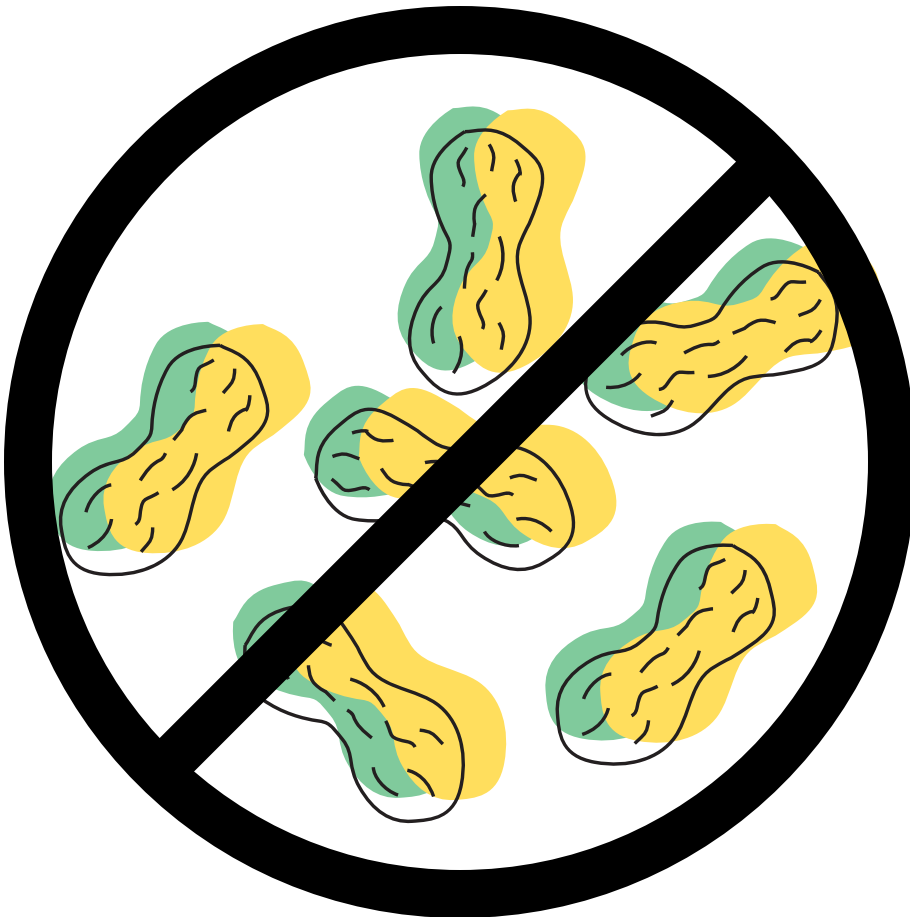




Peanut-free Snacks



Allergic reactions to peanuts can be fatal. If you have a child in your care with peanut allergies, it is vital that you meet with the family to understand their concerns and needs, as well as what is recommended by their physician. Create allergy-aware settings, where children, parents, and caretakers are educated and work together to reduce risks.

Some caregivers find it a challenge to prepare snacks for children who have allergies to peanuts. How do we *avoid peanuts or peanut products*

for the highly peanut-sensitive child?

- Never assume that a food is free of allergic ingredients
- Ingredients in products can change weekly
- Avoid products not labeling content
- Avoid imported foods with foreign ingredients
- Avoid bulk food bins due to the risk of *cross-contamination** with peanuts
- Contact the manufacturer before using a food if you are unsure

Be sure none of the materials used have traces of peanut on them. Read labels carefully — NEVER GUESS

* **Cross-contamination** is a common cause of allergic reactions. Wiping a utensil after use is not an adequate method of cleaning. Residue can be all it takes to trigger an allergic reaction. For example, be sure the jelly container is not contaminated by the peanut butter knife. Many commercial chocolate candies, cookies, breads, etc. are made in the same place where products with nuts are made, which brings cross-contamination.

ALLERGY-SAFE FOOD PREPARATION IDEAS:

- Wash hands before preparing or handling food
- Clean and sanitize work area, utensils, equipment; anything that touches food
- Store peanut-containing foods in a separate area of both the refrigerator and the cupboard (some programs have chosen to ban peanuts or peanut products entirely)

Food labels can be unclear. Learn ways to better read food labels. Contact your local librarian, physician, or the United States Food and Drug Administration for information on reading labels correctly.

PEANUT-FREE SNACK ALTERNATIVES

- Air-popped popcorn
- Bean dip
- Beef jerky
- Breadsticks
- Celery stuffed with cream cheese
- Cereal and pretzel mix
- Cold pizza
- Fresh fruit
- Hardboiled eggs
- Milk puddings
- Mini-pitas stuffed with cheese
- Oatmeal cookies
- Pancakes and waffles
- Pepperoni sticks
- Pickles, olives
- Refried beans
- Rice cakes
- Sliced ham or turkey rolled around a cheese stick
- Vegetables with dip
- Yogurt



NUT-FREE SOFT GRANOLA BARS

- 3 cups rolled oats
- 1/2 cup brown sugar
- 1/4 cup wheat germ
- 1/2 cup margarine
- 1/2 cup corn syrup or honey
- 1/2 cup chocolate chips or raisins (or both)

In a large bowl, combine oats, sugar, and wheat germ. Cut in margarine until mixture is crumbly. Stir in corn syrup or honey. Mix well until combined. Stir in chocolate chips/raisins. Press into greased 9" square pan. Bake at 350°F for 20 to 25 minutes or until golden. Let cool for 10 minutes, and then cut into bars.

NOTE: Avoid ingredients purchased from bulk-food bins, or foods not labeled.

After making these yummy granola bars, you may want to read the story *The Peanut Butter Jam*, by Elizabeth Sussman Nassau, ISBN 092917335, published by Health Press for ages 4–8. It tells an interesting, important story of a young boy allergic to nuts, and his experience on the day the children made peanut butter bird feeders.

Resources:

www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.htm
www.foodallergyconnection.org/id48.html
www.foodallergy.org
www.kidshealth.org

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College of Agricultural Sciences
Cooperative Extension

Sources: www.5aday.org, www.Favoritebrandrecipes.com

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