

7 Nut Allergy Friendly Lunch Ideas for Kids



The number of children with nut allergies has grown substantially in recent years¹. With reactions to food allergies ranging from relatively mild stomach cramps to life-threatening reactions such as shortness of breath and difficulty swallowing², parents have to be extremely conscious what they are giving to their children.

Even if your child is lucky enough to not have a nut allergy, some schools ban nut products and other potential food allergens to protect other students³ meaning packing lunch is no longer as simple as popping together a peanut butter sandwich and sending your kids out the door.

If you're looking for some inspiration, try these easy and delicious nut-free lunch ideas to keep your kids happy and follow school policy.

Smokey pulled Chicken Sandwich

Pulled pork might be the obvious choice, but pulled chicken also makes a great healthy sandwich filler. Simply mix shredded chicken with barbeque sauce, add a few drops of vinegar or water to thin it out and smother over a whole meal roll. For added goodness, pop on some homemade coleslaw, packed full of cabbage and carrots.

Easy pasta salad

Pasta doesn't have to be hot to taste delicious. A favourite of kids up and down the country, cooked pasta can be mixed with cheese, vegetables and fish or meat for a healthy, balanced meal, sure to keep them full up until dinner time.

Ditch the Bread

Who says lunch has to be boring? Swap stodgy bread for wraps, pitta or English muffins. Coming in a range of flavours, wraps make eating fun, allowing kids to make their own sandwich. Likewise, pitta breads

¹ <https://www.foodallergy.org/facts-and-stats>

² <http://www.nhs.uk/Conditions/food-allergy/Pages/Symptoms.aspx>

³ <http://www.telegraph.co.uk/foodanddrink/healthyating/11870245/School-bans-fruit-over-allergy-fears.html>

give kids the chance to stuff all their favourite things into the bread pocket and eat to their heart's content. English muffins taste great with eggs, fish, salad, or pretty much anything else in your child's favourite snacks category.

Mexican inspired black bean quesadillas

Delicious and nutritious, black beans are a source of protein and fibre⁴ and will leave your child ready for the afternoon. Simply puree black beans, spread on a tortilla and top with grated cheese, salsa, and guacamole for a tasty feast fit for your little king or queen.

Everyone's favourite, macaroni and cheese

There's a reason people the world over love mac and cheese – because it's delicious, and not to mention, nut free. Make the mealtime favourite that bit healthier by mixing in some frozen peas, butternut squash puree or baby spinach for a blast of Iron, Vitamin K and Zinc.

Healthy toast pizza

Pizza doesn't have to be bad for us. Toast pizza is a great alternative to traditional pizzas, allowing you to add any toppings your child likes. Simply toast a slice or two of bread, add some tomato puree, a topping or two of your child's choice and a sprinkle of cheese. Let it sit under the grill on a low heat until the cheese has melted, and voila! Delicious pizza ready for cutting into small pieces. And what's more, it tastes just as good cold!

Breakfast pancakes

What child doesn't love pancakes? Easy to make, they taste great cold too. Try with a sprinkle of sugar and lemon juice for a traditional taste, or go for the healthy option and cover in delicious berries. Perfect for filling little bellies up for hours, pancakes are always a hit with kids of all ages.

Do you think your child has an allergy? Talk to your GP if you have any questions or concerns.

⁴ <http://www.jamieoliver.com/news-and-features/features/why-beans-are-healthy/>