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 (including for birthday snacks and field trips):

- Almond
- *Brazil Nut
- *Cashew
- *Chesnut
- Coconut (botanically a fruit)
- Cottonseed
- Flax seed, linseed
- *Hazelnut
- *Macadamia 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.

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

**Gluten-free** breads/snacks (often contain almond or other nut flours)

---

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

- 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.**