

Thriving on a Nut Free Campus

Ideas for snacks, lunches, and additional resources on creating a safe learning environment for children with serious food allergies.

A Word from the Head of School

Over the last couple years, we have noticed an increase in the number of students in our program who have life threatening food allergies. As a result, we spent time studying this issue, considering our current community of students, and examining what other schools across the country are doing. After study and discussion we decided it was necessary to become a nut free campus.

I am proud that we are a community that values our students enough to adapt our norms to fit a rising need. Thank you for partnering with us as we ensure that this is a safe campus for all of our students.

-Bill Glotzbach



At KCC, creating an environment that is safe for all of our students is one of our highest priorities. Thank you for helping to ensure the safety of our students.

Snack Time

Everyone loves a good snack. As parents, we understand the importance of sending our students to school with food that will fuel them throughout the day. Try some of these nut safe options for a boost of energy during breaks in the school day!

Protein Packed Options

1. Snack time is a great opportunity to try SunButter or WOWBUTTER! Spread it on crackers, rice cakes or use it as a dip for fruits and veggies.
2. Roasted sunflower seeds make a crunchy, protein-filled snack, and the honey roasted ones are particularly delicious! Try combining them with cereal and dried fruit for a nut safe trail mix.
3. The following protein bars are nut free:
 - Avalanche
 - Cliff Bar: chocolate chip, cool mint chocolate, chocolate brownie
 - Balance: cookie dough
 - Luna Bar: S'mores
 - Zone Perfect : chocolate mint

Lunch of Champions

Get creative when considering lunch options! Try these six ideas for nutritious nut free alternatives.

1. The easiest and cheapest option is to pack a leftover main dish from last night's dinner. It can be reheated or packed in a thermos the next morning along with side of fruit and veggies.
2. Many soups and stews are naturally nut free and can stay warm in a thermos until lunch time.
3. SunButter, WOWBUTTER or cookie butter are nut-free alternatives that can be used in place of nut butters for sandwiches, dips, or baked goods. SunButter is generally cheapest at Trader Joe's.
4. Asian food is another easy option. Cook a big pot of rice at the beginning of the week, and top with shredded meat and veggies. Pack into Tupperware for each day and add a variety of fruits and veggies during the week to keep it interesting.
5. Meat sandwiches are another protein-packed option. For a real time saver, try cooking meat in a crockpot overnight or while you are running errands. For hormone and additive-free meat products, visit ALDI for their line of preservative-

free lunch meat and bacon for a very reasonable cost. *Insider's Tip: it is always cheaper to buy a whole chicken or side of meat to cook and carve for lunches instead of using store bought deli meat.*

6. Eggs are another idea for low cost protein. BLT's, bacon and egg sandwiches/burritos, egg salad or boiled eggs accompanied by fruit and veggie sides make a nice lunch.

Additional Resources

Here are some of our favorite resources about thriving on a nut free diet:

<http://www.modernparentsmessykids.com/2014/08/full-month-nut-free-lunches.html>

<http://www.mommity.com/nut-free-school-lunch-ideas-for-picky-kids/>

<http://www.mommity.com/the-ultimate-list-of-peanut-and-tree-nut-free-snacks-for-school/>