

Peanut-Free Lunch Ideas

Because life-threatening peanut allergies are so common among campers, all Whole Earth Nature School day camps are peanut free. But we know that it can be difficult to find alternatives, especially things that are non-perishable to send along in a kid's backpack in summer time. That's why we have created this list of peanut free lunch ideas to help you in planning.

- Alternative nut butters are a great substitute for peanut butter. We like, almond and sunflower seed best but there are many options.
- Boiled eggs
- Quesadillas
- Pasta Salad
- Lunchmeat and cheese wraps (although we have never had issues with foodborne illness at camp, be sure to pack an ice pack with perishables like meat)
- Fresh fruits and veggies
- Hummus and crackers
- Macaroni and Cheese
- Bagel and cream cheese (can also make a great sandwich with the addition of veggies)
- Pizza bagels
- Cheese and crackers
- Soup

Thanks for helping us to keep our campers safe!