

Nut Free Lunchbox Ideas

Vegetables	Fruit	Grains	Dairy & Alternatives	Meat & Alternatives
BBQ vegetable kebabs	Baked apple crisps	<i>Sanitarium Weet-Bix</i> Bites	Alpro (dairy free) yoghurt	Boiled edamame beans
Boiled corn on the cob	Berry salad	<i>Be Natural</i> Mini Bites	Cheese sticks	Boiled egg
Canned baby corn	Canned pineapple, in natural juice	Boiled whole grain pasta	Cheese stringers	Falafel
Celery sticks filled with cream cheese	Dried fruit*	Brown rice crackers	Chobani yoghurt tub	<i>Happy Snack Co</i> fava beans or chickpeas
<i>Coles Scoop & Weight</i> vegetable chips	Frozen berries in yoghurt	Brown rice Salad	<i>Devondale</i> UHT milk (200ml)	Lunchbox frittata
Mini garden salad	Fruit kebabs (older kids)	<i>Freedom Foods</i> Ancient Grain Bar	Greek yoghurt with stewed fruit	Meatballs
Potato salad	Kiwi fruit, with a spoon	Wholemeal fruit muffin	<i>Sanitarium Soy Good</i> soy milk (250ml)	Roast chicken drumstick
Roast pumpkin, potato, or sweet potato	Melon balls	Popcorn	Tamar Valley kids yoghurt pouch	Lean sausages (eg. Peppercorn Extra Lean)
Snow peas and green beans with dip	Stewed fruit	<i>Vita-Weat</i> crackers	Tzatziki dip for veggies	Small can baked beans
Veggie sticks with hommus	Whole fruit (eg. Apple, Banana, Mandarin)	Wholemeal pikelets	Yoghurt dough scrolls	Tuna, no-drain can with crackers

*Dried fruit is a good back up option when you run out of fresh, but it shouldn't make a regular appearance as they stick to teeth, promoting tooth decay.