

from Champ's Cafe
Snack Plan for Students with Diabetes
school year 2009/2010

After considering USDA regulations, total daily carbs and calories if a child ate their entire school breakfast, their entire school lunch plus snacks, Champ's Cafe would like to implement the following Snack Plan for Students with Diabetes. This plan would serve ALL students, no matter their eligibility for meals: free, reduced-price or full-price, who participate in the meals program at Champ's Cafe.

A Student with Diabetes may "save" (or obtain it ahead of serving time) a component from a school meal to eat at a different time.

example: Student with Diabetes comes to breakfast and does not drink the juice at that time. Student saves the juice (how and where do we keep it chilled?) and drinks it between breakfast and lunch.

example: Student with Diabetes does not eat breakfast at school but does eat lunch at school. Student obtains the fruit or juice that would be served at lunch time ahead of that time (stock the School Nurse's clinic or teacher's area to avoid loss of instructional time obtaining it from Champ's Cafe?) to have between breakfast and lunch.

example: Student with Diabetes eats school lunch but saves the fruit or juice from their lunch for later in the afternoon (same issues with storage, controlling temperature, etc.)

The Champ's Cafe staff would then encourage the student to choose components that either include the necessary snack, or not include it--if they obtained it earlier in the day.

Students with Diabetes would be encouraged to carry their own personal snacks (examples: small 1/2 oz. box of raisins—11 gm.; Rice Krispie Treat—17 gm. or Glucotabs—4 gm ea.) to cover a hypoglycemic episode (low blood sugar) at any place or time: playground, fire drill, music class, etc. The Student with Diabetes' true daily snack would come from a meal component from Champ's Cafe breakfast or lunch, and their personal snacks would be "emergency" or rescue snacks.

An emergency or rescue snack of orange juice (8 oz. = 30 gm CHO) or crackers (4 = 9 gm CHO) from the School Nurse might then be the student's true meal components (no charge), **OR** a rescue snack the School Nurse provides through Champ's Cafe (invoice from Champ's Cafe each semester).