

from Champ's Cafe
Snack Options for Students with Diabetes

Champ's Cafe is happy to facilitate implementation of the following Snack Options for Students with Diabetes. This plan would serve ALL Students with Diabetes who participate in the USDA-sponsored National School Lunch and Breakfast meals program at Champ's Café no matter the student's eligibility for school meals: free, reduced-price or full-price.

Champ's Café recognizes that a full school breakfast or school lunch may feature too many carbohydrate grams for a Student with Diabetes. A Student with Diabetes may decline a food item as they make their food selections to create a healthy meal, the Student may eat a portion of a food item, the Student may "save" a food item or obtain the food item ahead of serving time 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 and drinks it between breakfast and lunch. Student can coordinate keeping juice at the proper temperature with the classroom teacher, school nurse and/or Champ's Café.

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.

**The Champ's Cafe staff would then encourage the Student to choose the food item 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 might 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 Café at a charge to the student or Health Services Program.

last updated 7/2013

