School Lunches with Type 1 Diabetes

- **Lunch from Home**
  - Provide types of food in individual bags
  - Note carbohydrate counts on bag with a marker
  - Individualize the carbohydrate counts
    - Allows for revisions to lunch carb count total
    - Simplifies dosing for school nurse if complete lunch is not eaten by student
  - Lunchbox food can be eaten easily in a classroom if needed

- **Lunch from School Cafeteria**
  - Print weekly menu from school website
  - Obtain menu item carbohydrate counts from school district website
  - Identify foods chosen to eat for lunch together
    - Let child choose food for more accurate counts
  - Provide individualized carb count by food type
    - Allows for revisions to lunch carb count total
    - Simplifies dosing for school nurse if complete lunch is not eaten by student

- **Favorite Food List**
  - Keep a copy a binder of food choices & carb counts
  - Create a “Favorite Food List Carb Count” for reference for home and school nurse

- **No Sharing/No Exclusion**
  - Ask nurse to remind students not to share foods
  - Request that T1D be allowed to eat with his/her class
    - No exclusion from regular activities
    - Request permission for extended time to eat as needed to complete meals
  - Request early dismissal to clinic if delays reduce lunch eating time

*T1G Tool: “T1D School Lunches” available @ www.Type1ToGo.com* 
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