



Planning school meals and snacks

Tips for families of children
with Chronic Kidney
Disease (CKD)

This information is for general purposes only and
does not constitute medical advice provided by
a licensed and qualified healthcare professional.



Enhancing Lives Together

Put diet needs into an Individualized Education Program (IEP) or 504 Plan

Work with the school or have your healthcare team work with the school. Your dietitian can:

- Mark the menu for your family for better choices or directly suggest best days to pack a lunch
- Work with the school to provide nutrient content of set menu items
- Provide alternatives from the school's set menu to better meet your child's needs

Who should I speak to in the school about my child's diet?



It can be helpful to talk to the school nurse, food service staff and teachers to ensure that inappropriate foods are not served as treats for the class, or alternatives are provided, and to discuss lunch and breakfast menu options.

Useful ideas

- Ask for a copy of the school menu cycle, nutritional information and ingredients of available menu items.
- If you and your child need help choosing the best food and drink options, ask your child's dietitian for advice.
- If it is necessary to keep track of your child's dietary intake, you could send a daily diary to school and ask the staff to note which foods and snacks were eaten.

Breakfast and breaktimes...

School breakfast ideas

- Toast, or croissant with butter, margarine, honey, or jelly 
- Cereals like corn flakes or puffed rice 
- Fruit cups – check with the dietitian which options are suitable
- Milk or milk substitutes – the dietitian may advise you how much milk (and other dairy foods) your child may have each day

Snack ideas

- Crackers with butter, spread, honey, or jelly
- Pretzels or plain rice cakes
- Cereal bars or granola bars without dried fruit, chocolate or nuts
- Bread roll
- Croissant
- Pancake
- Natural or flavored yogurt (within your child's dairy allowance)
- Plain or sweet popcorn
- Permitted fruit
- Cookies such as sugar cookies, ginger snaps, snicker doodle or animal crackers

Be mindful

- Of all the dietary restrictions your child is currently following.
- Choose "real" foods like fruits and vegetables over pre-packaged highly processed options whenever possible.



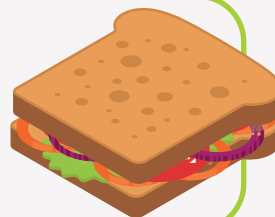
Lunch ideas...

Mix and match with one item from each column to build a balanced lunch.

Starches/Grains	Protein and dairy	Vegetables	Fruit	Spreads
<ul style="list-style-type: none"> Sandwich bread Tortillas Bagels Pita bread or naan Rice or noodles in a thermos Low sodium crackers Graham crackers Plain low sodium corn or tortilla chips Muffins Rolls Rice cakes Cinnamon pita chips Small bag of low potassium/phosphorus dry cereal, pretzels Home popped popcorn 	<ul style="list-style-type: none"> Low sodium deli meat Freshly cooked chicken or turkey sliced sandwich style Hamburger, chicken fillet, or other meat or meat substitute patty Nut butters Hardboiled eggs Low sodium tuna or other canned fish Beans or lentils Casserole leftovers Hummus 	<ul style="list-style-type: none"> Lettuce Carrots Cucumber Bell peppers Celery Corn Peas Frozen mixed vegetables heated in a thermos Cut up cauliflower and broccoli 	<ul style="list-style-type: none"> Apple Tangerine / mandarin Blueberries / raspberries / strawberries Grapes Pineapple Fruit cocktail - canned in syrup, drained Applesauce packs Cherries Gelatin with cut up fruit Canned fruit cups including fruit cocktail, mandarin oranges, peaches or pears 	<ul style="list-style-type: none"> Butter Full fat cream cheese Mayonnaise Jelly or jam

Lunch Ideas:

- Ciabatta bread, roast chicken, roasted bell peppers, full fat cream cheese.
- Tortilla wrap, tuna, mayonnaise.
- Bagel, roast beef, lettuce.



Packing a school lunch...

- Use a fun/colorful lunch box or lunch bag.
- Purchase a small thermos to keep foods at the appropriate temperature.
- Give yourself time to think and prepare, perhaps get things ready the night before.
- Remember to check food labels or speak to your child's dietitian to check if a food is appropriate or not.
- Follow all usual food safety guidance.



Choosing school lunches...

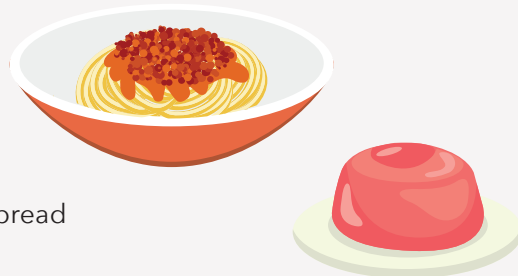
School lunches are typically high in sodium and phosphorus because pre-packaged food is often used to serve large numbers of students. Packing a lunch may be best. However, that isn't always an option. When you need to eat at school, plan ahead to choose the best option, or you or your dietitian can discuss substitutions that can be offered discreetly.

The school staff may be able to modify a meal to make it more suitable. If this is planned in advance, changes can be achieved without drawing unnecessary attention at the mealtime.



Some of these substitutes may be common lunch items that cafeteria staff will have on hand:

- Plain hamburger or chicken breast/veggie burger in bun
- Spaghetti, meat and a small amount of sauce
- Meat with rice and vegetables
- Fried rice
- Fish with rice or pasta
- Dessert options – plain cookies, cakes or bars
- Snack foods such as crackers, croissant, garlic bread
- Canned fruit in syrup (drained)



Speak to your child's dietitian and school staff to plan what will work best for your child.

Drinks...

It is important to stay hydrated at school.

Your child may have a set amount of fluid to drink in a day.

Choose a mixture of:


- Water
- Water with permitted flavoring
- Special drinks recommended by your child's dietitian

Note: It is important to keep within the fluid allowance set by your healthcare team



Using a colorful bottle with marks on the side can help both you and the school staff keep track of how much your child drinks during the day.

If your child is prescribed a nutritional supplement, such as Renastep™, this can be packed into a lunchbox.



Renastep is a
ready-to-drink
formula for the dietary
management of pediatric
kidney disease from 1 year
of age and must be used
under medical supervision.

Not for intravenous use.
For enteral use only (tube and oral feeding).
Regular monitoring of nutritional status
and electrolyte levels is required.

Refer to **Renastep** label for allergen and other information.



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