

# School Parties and Holiday Meals

## School Parties

1. Find out when the children will be eating and what foods will be served.
2. Suggest including free foods for all the children, such as cheese cubes, vegetables and dip, sugar free finger gelatin, ham, cream cheese, and green onion or dill pickle wraps.
3. You should provide a carbohydrate free drink for your child.
4. If the party is right before lunch count the carbohydrate grams and cover them with lunch insulin.
5. If the party is close to going home have free foods for the party. Take the treat home and have it as part of the evening meal.
6. Consider activity level of the party and adjust carbohydrates to cover added activity. (General guideline 15 g per half hour of exercise)
7. Remember, excitement can either raise or lower blood glucose levels.

## Holiday Meals - For Set Meal Plans With NPH Insulin

1. Try to have main meal close to regular lunch (1:00) or dinner time (4:00 - 6:00). If dinner is at 2:00 or 3:00 have an afternoon snack at lunchtime, to prevent a low before the meal is served. Think of when the insulin will be peaking. NPH peaks in 4-12 hours.
2. Think the day through and work with your child to come up with a plan.
3. Dessert can be eaten at afternoon or bedtime snack times.
4. Include free foods in meal and snack choices. They are: carbohydrate free beverages, meat, cheese, deviled eggs, green onion or dill pickle deli sliced meat wraps, vegetable with dip, or sugar free gelatin.
5. Consider your child's activity level during the day. They may need extra carbohydrates to cover activity or more activity if extra carbohydrates are eaten. Go for a family walk after the meal, build a snowman, or go sledding.

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6. If riding in the car for a long time, blood sugar level may rise due to less activity.
7. If your child eats extra snacks, try not to get upset. Know your action plan for high blood sugar.
8. Fast acting insulin can be given on special days to cover the extra carbohydrate intake. Check with your doctor's office for insulin to carbohydrate ratio with fast acting insulin.

### **Holiday Meals - For Flexible Meal Plan (Insulin to carbohydrate ratio)**

1. Use your child's insulin to carbohydrate ratio for all carbohydrates eaten.
2. Know and use your child's 2, 3, or 4 hour correction factor when checking blood sugar and correcting.

This handout does not take the place of a discussion with your doctor.  
Discuss any questions or concerns you may have with your doctor.