



Planning meals and snacks at school

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

This leaflet aims to provide general information only.
For individualised advice, please speak with your
child's dietitian.



Enhancing Lives Together



Familiarise yourself with the school menu and routine...

There will be a set meal and snack routine at school, along with a set menu, so if your child needs to follow a special diet, it is best to speak to the staff in the school. Forward planning is important and will help ensure your child is offered the most appropriate food choices.

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

It can be useful to talk to teachers, the school nurse, the principal/head teacher and catering staff about your child's specific dietary needs.

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.
- You could ask your child's dietitian to talk to the school directly to help explain the diet and the importance of suitable school meals, snacks and drink choices.
- If it is necessary to keep track of your child's dietary intake you could send a daily diary into school and ask the staff to note down which foods and snacks were eaten.

Breakfast club and breaktimes...

If breakfast is eaten at school, choose:

- Toast, crumpet or croissant with butter, margarine, jam or honey
- Porridge



- Suitable cereal such as flakes of corn or puffed rice
- Fruit pots - check with the dietitian which options are suitable



- Milk or milk substitute - the dietitian may advise you how much milk (and other dairy foods) your child should have each day

Snack ideas

- Crackers or crispbread with butter, spread, jam or honey
- Breadsticks or plain rice cakes
- Cereal bars or flapjacks without dried fruit, chocolate or nuts
- Brioche roll
- Croissant
- Pancake
- Natural or flavoured yoghurt (within your child's dairy allowance)
- Plain or sweet popcorn
- Plain cake bars
- Suitable fruit
- Biscuits such as plain digestives, gingernuts, sandwich biscuits, shortcake

Remember:

- Be mindful of all the dietary restrictions your child is currently following.
- Keep to your child's allowance of fruit, vegetables and potatoes if they have been given one.



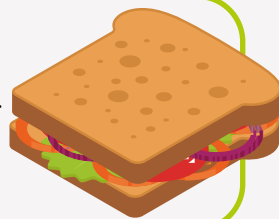
Lunch Ideas...

Mix and match with one from each column to build a balanced lunch. See below for some ideas.

Starchy food	Protein and dairy	Vegetables	Fruit	Spreads
<ul style="list-style-type: none">• Bread roll• Wraps• Pasta• Rice• Boiled or mashed potato• Chapati• Bagel• Pitta bread• Ciabatta bread• Naan• Pancakes• Plain Muffin• Noodles• Grains• Breadsticks• Crackers• Rice Cakes• Plain tortilla	<ul style="list-style-type: none">• Roast meat, chicken, turkey - avoid processed meats• Boiled egg / egg mayonnaise• Tuna tinned in oil or spring water or mixed with mayonnaise• Minced meat / meat substitute• Salmon / fish cake / breaded white fish	<ul style="list-style-type: none">• Lettuce• Carrots• Cucumber• Peppers• Celery• Corn• Peas• Squash	<ul style="list-style-type: none">• Apple• Tangerine / mandarin• Blueberries / raspberries / strawberries• Grapes• Pineapple• Fruit cocktail - tinned in syrup, drained	<ul style="list-style-type: none">• Butter• Full fat cream cheese• Mayonnaise• Jam

Lunch Ideas:

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



Packing a school lunch...

- Use a fun/colourful lunch box or lunch bag.
- 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 suitable or not.
- Follow all usual food safety guidance.



Choosing school lunches...

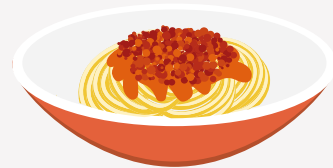
Having school lunches provides a nice change and might help your child to have a wider variety of food.

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



Some of these options may be suitable:

- Plain hamburger or chicken fillet/veggie burger in bun
- Spaghetti, meat and a small amount of sauce
- Meat with rice and vegetables
- Egg fried rice
- Fish with a portion of rice or pasta
- Dessert options – sponge cake, lemon cake, shortbread with cream
- Snack foods such as crackers, savoury muffin, croissant, garlic bread
- Tinned 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 in school.

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

Choose a mixture of:


- Water
- Water with squash or cordial
- Milk substitute
- Special drinks recommended by your child's dietitian

Note: It is important to keep within the fluid allowance set by the medical team at the hospital.



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

If your child has been advised to take a nutritional supplement, such as Renastep™, this can be packed into a lunchbox.



Renastep™ is a
Food for Special
Medical Purposes
and must be used under
medical supervision.

Renastep is a ready to use
feed for the dietary management
of kidney disease from 3 years
of age onwards.

Renastep is not suitable for use as a sole source of nutrition.

Regular monitoring of nutritional status and electrolyte levels is required.

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



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