



## SNACK IDEAS FOR SCHOOL PARTIES AND AFTER CARE PROGRAMS

Most school-age children have at least one (15 gram) carb serving or more for their afternoon snack. It is very important that children with Type 1 diabetes are treated like all other children, i.e. being able to eat the same foods as other children in the classroom. The following is a list of snacks that are approximately equal to 15 grams of total carbohydrate or “1 carb”:

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|-------------------------------------------------------------|---------------------------------------------------------|
| 1 Rice Krispie Treat                                        | 3 Oreo cookies or other sandwich cookie                 |
| 2 Chips Ahoy Cookies                                        | 1 homemade chocolate chip cookie                        |
| 1 granola bar (Quaker Chewy, Kudos, etc)                    | 1 carton (8 oz) white milk                              |
| 1 fruit roll-up                                             | ½ cup of juice (orange or apple),<br>1/3 c. grape juice |
| 1” square of frosted cake or<br>2” square of unfrosted cake | ½ c. (1/2 carton or 4 oz) of<br>chocolate milk          |
| ½ frosted cupcake or whole<br>unfrosted cupcake             | 5 lifesavers                                            |
| 1 cup of bugles snack chips                                 | 6 saltine or round butter<br>crackers                   |
| 15 potato chips (1 ounce)                                   | 3 cups popcorn                                          |
| ½ cup of ice cream                                          | ½ cup Goldfish crackers                                 |
| 6 vanilla wafers                                            | 1 pkg. chewy fruit snacks                               |
| 3 graham cracker squares                                    | 1 Fudgsicle or Popsicle                                 |
| 8 animal crackers                                           |                                                         |