Suggestions for **Healthier Snack** Options

One of the reasons we have our kids in sports is to **encourage physical activity** and **good health**. We want our kids to play in sports so they move their bodies, burn off energy, and be strong—so let’s give them a snack that keeps them healthy. The best thing for kids to drink before, during, and after sports is regular water, according to the American Academy of Pediatrics. The electrolytes lost during sweat can easily be replaced with their next meal. If every child brings a water bottle, and **parents take turns bringing a healthy snack** for after the game then parents would only have to bring the snack and not have to worry about also providing drinks. If you choose to bring any fresh fruit or vegetables, please wash it so it’s ready to grab and eat. *(Please do not bring fruit roll-ups or fruit snacks, since those are mostly added sugar).* Here is a **list of suggested healthy snacks**:

- Bananas
- Clementines
- Oranges
- Seedless Grapes
- Apples
- Strawberries
- Blueberries
- Mixed Berries
- Box of Raisins
- Baby Carrots
- Celery Sticks
- Sugar Snap Peas
- No-Sugar Added Applesauce
- Yogurt Tubes
- Low-Fat Cheese Sticks
- Whole Wheat Crackers

*Please make sure you check with the parents and the coach about any potential food allergies before preparing any team snacks.*