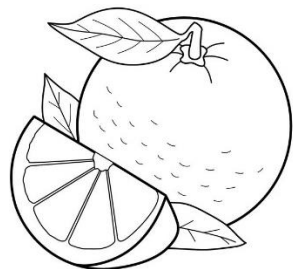
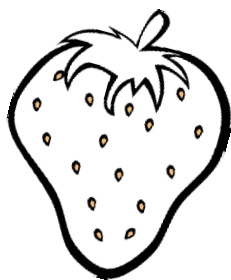
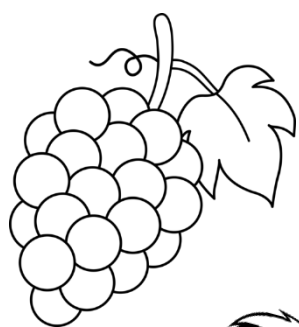


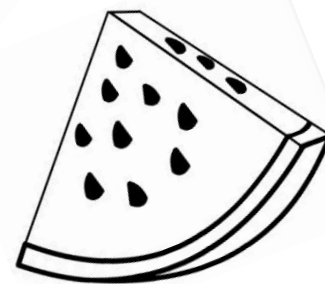
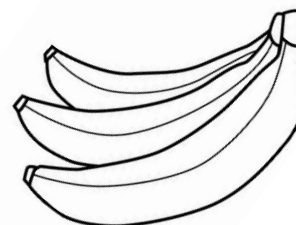
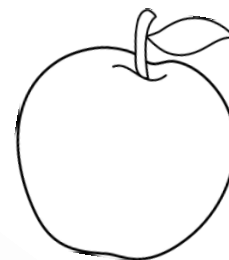
## Suggestions for **Healthier Snack** Options

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.**