



Snacks used to so simple....

Orange slices at halftime and something to eat after the game that made the kids smile. With allergies, gluten sensitivity, vegetarian kids, vegan kids, kids who don't eat dairy, kids who eat only organic... Bringing food for a team is fraught with pitfalls. Talk to your parents. Find out what they are comfortable with.

Generally, the half time snack is fruit. It doesn't have to be orange slices. Grapes grapes cut into small clusters that are easy to grab, watermelon wedges, hulled strawberries, apple slices...and of course the old standby, orange wedges.

Post Game Snack is up to each family. Or you can decide as a team to forego it all together. Typically the older teams U10-U12 and above choose to go without post game snacks. Simply put, be mindful of others and as a league we are trying to *promote good health through sports/exercise and good nutrition.*

Each child should have their own water bottle for the game to stay hydrated. Other drinks are not necessary, but as a treat you can bring juice boxes/bags, sports drinks and water for the team.

Helpful snack notes...

*If there are nine kids on your team...and there are younger siblings of the players... throw in a couple of extras. We're a family oriented community and this kind gesture is noticed and appreciated.

*If you are bringing a cooler of ice...bring a couple zip lock sandwich bags in case you need an ice pack.

IMPORTANT!!

Leave your sidelines cleaner than you found them. Pick up your trash!! It includes orange peels and other organic item. The plastic "sleeves" on the straws & straws are something I pick up a lot at the field. Water bottle caps are a huge problem because they get washed into the ocean and consumed by birds and marine mammals...they cannot pass them and die. **Ask the kids to help make a "trash pick-up walk" after each game.**

Bring reusable bottles or recycle the plastic bottles. Collect them, recycle and use the funds for the team party!