

Healthy Team Snack Alternatives

Thank you for being a part of Fayetteville Cumberland Parks and Recreation Youth Sports program! One of our many goals is to ensure that kids are properly refueled and hydrated during and after their games and practices. Here are a few suggestions to help the parents and coaches achieve that goal.

Pre-game: Kids burn through a lot of calories. Make sure they're getting in enough carbohydrates, especially before they go to practice or have a game, because they are going to be used for energy right away. Some easy sports snacks that are high in carbs and perfect for feeding the whole team are:

* Whole-wheat crackers
* Popcorn (plain, no butter or additives)
* Blueberries
* Raisins

If the kids are eating an hour before the game, don't forget the protein because it digests slower, so it fills them up for longer. Examples of protein-filled snacks include:

* Peanut butter and banana sandwich triangles
* Yogurt cups or tubes with fruit and/or granola
* Grape and cheese skewers

In-game: FCPR suggests cut oranges and water during the game.

Post-game: Snacks given after each game are optional and not required. The focus need not be on the snacks given afterwards, but the game itself, the team efforts, and the camaraderie each gains during play. In case your team decides to incorporate a snack rotation, we have a list of suggestions for you below. Please remember that while packaged snacks can be convenient, they won’t provide adequate nutritional replenishment needed. Always remember to check with parents and the coach about any potential food allergies before prepping any team snacks. If you know ahead of time what ingredients to avoid, you can easily substitute out for common allergies like nuts, dairy and gluten.

•Carrot sticks (in baggies)

•Apple slices (in baggies)

•Mini apples

•Whole-wheat pretzels

•Lara Bars (gluten free fruit and nut bar)

•Dried whole grain cereal

•Bananas

•Squeezable applesauces

•Unsweetened applesauce cups

•Dried dates (in baggies)

•Strawberries (whole, with tops cut off, in baggies)

•Oranges

•Bags of homemade popcorn

•Small bag of almonds (not suitable for those with allergies)

•Raisins

\*\*\* If you would like to provide a drink, water is a great option in place of juices/Gatorade/Powerade. Sports drinks are loaded with sugar are typically not beneficial unless a child is playing for a long time in warmer temperatures.

FCPR wants to work with you to create healthy and happy children. We hope these ideas and suggestions are a step in that direction.