SPORT SNACK GAME PLAN

When it’s your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS
Fruit and water are always the best snack choices for kids on the move. Try these popular options:

> Orange & apple wedges
> Fresh peaches, pears, watermelon or other seasonal fruit
> Dried fruit, nuts and raisins
> Bananas, grapes & strawberries
> Fruit cups (packed in juice) or unsweetened applesauce
> Water - no need for sugar-packed drinks

GRAB & GO - THE PRICE IS RIGHT!
Not only is grabbing fresh fruit and water fast and easy, it’s cost effective too. Check out this price comparison for a team of 12.

Healthy Snack Total = $7.29
> Fresh bananas/oranges/apples - $3 to $4 a bag
> 16-pz. natural spring water bottles (15 pack) - $3.29

Typical Snack Total = $10.25
> Mini bags of cookies (12 pack) - $4
> Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - $6.25

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