

*New, healthier menu items available*

## *Dear Parent,*

Thank you for supporting your child's participation in our sports program. Children's athletic team experiences can be vital to creating healthy habits that last a lifetime. In addition to starting good physical activity habits, participation in sports programs provides a chance to reinforce healthy eating practices. Being properly fed and hydrated will give your child a competitive edge and set the stage for healthy eating into adulthood.

We have had numerous requests from parents to add healthier items to our menu. Please be sure to check out our new, healthier menu at the concession stand.

But for those days when you have time to pack some snacks for practice or games, please support our efforts to encourage healthy habits by packing healthy foods and beverages. Some examples of quick, easy and healthy snacks include:

### *Snacks*

- Fresh fruit (washed)
  - o Whole fruit- apples, bananas, cuties, grapes, strawberries
  - o Sliced fruit-apple slices, orange quarters, melon wedges
- Frozen fruit
  - o Grapes, bananas, blueberries
- Fruit cups packed in 100% fruit juice or water
- Dried fruit- raisins, figs, plums
- Fresh veggies with low fat ranch dip or hummus
- Pretzels
- Low fat or whole grain muffins
- Cereal or granola bars
- Popcorn, especially "air-popped"
- Animal crackers
- Graham crackers
- String cheese and low fat cheese sticks
- Squeezable low fat yogurt
- Low fat pudding cups
- Sunflower seeds
- Nut mixes (check for nut allergies)
- Peanut butter and crackers (check for nut allergies)

### *Drinks*

- Water
- 100% Fruit or vegetable juice
- Low fat plain or flavored milk

*Thank you again for your support.*  
If you have any questions, please contact:

