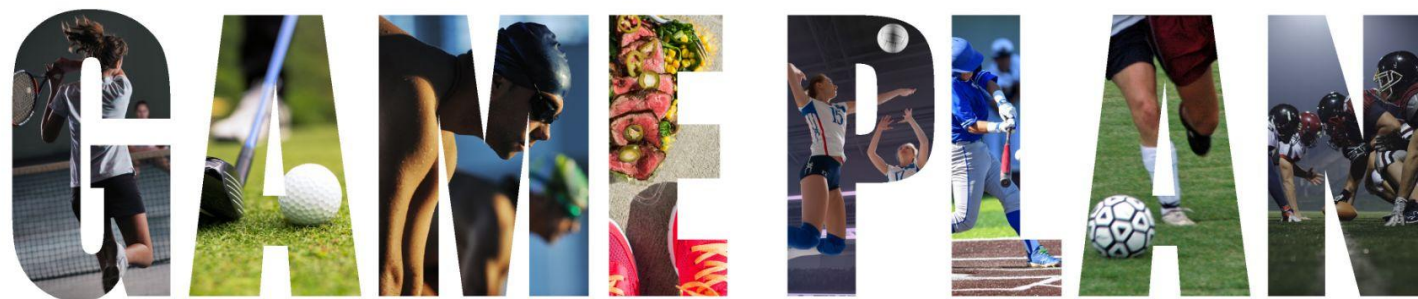


SPORTS NUTRITION



GAME PLAN GUIDE

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INTRODUCTION

Welcome to the all-inclusive, one-stop shop for fueling your athletes to victory! The Sports Nutrition Game Plan is a premier sports nutrition program designed specifically for Texas high schools.

Looking to take your game to the next level? Texas Beef Council and Sports Dietitian Amy Goodson have partnered to create a complementary sports nutrition program that provides:

- Educational content pieces
- Videos (includes nutrition, sports nutrition, and cooking demos)
- Meal plans, snack lists, and fueling schedules
- Blogs
- Social media
- Sports nutrition quick tips and team challenges

Each component of the program is crafted to educate athletes, coaches, athletic trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance, and recovery.

PROGRAM OBJECTIVES

1. Provide comprehensive sports nutrition information for all Texas high school athletics on how to fuel the body optimally for everyday life, as well as training, performance, and recovery.
2. Position beef as an optimal, high-quality protein to fuel athletes of all sports.
3. Build performance nutrition into the culture of the sport as a key pillar for training, performance, and recovery.
4. Provide coaches with an easy-to-use, comprehensive sports nutrition program to implement with their athletes. Simple, concise, and applicable.
5. Provide easy access to nutrition education, resources, and recipes with implementation strategies.
6. Educate and empower parents to provide nutrition education and implement with confidence at home.

HOW TO IMPLEMENT THE SPORTS NUTRITION GAME PLAN ZOOM TRAINING

(click the link or scan the QR code below)



bit.ly/GuideSNGP



Game Plan Play-by-Play

COACH SPECIFIC RESOURCES

First, check out this Sports Nutrition Game Plan Guide. It contains strategies on how you can use the program during the spring, summer, and fall, depending on when your sport is in season, as well as how to get the most benefit from each educational and video section.

Second, it gives you the tools on how to build pre-game meals for your team, what types of snacks are ideal for half times and travel, easy strategies for planning meals on the road, basic food safety guidelines to help keep your team safe, and how to use your athletic program's booster club to benefit your athletes and team.

There are a variety of handouts to help make fueling your athletes realistic, easy, and doable.

Game Plan Play-by-Play

FUELING AN ATHLETES DAY

The Fueling an Athlete's Day section provides education on how all of the food groups help fuel training, performance, and recovery. It will help athletes understand how to adequately fuel their whole day, not just pre-, during, and post-exercise.

First, show your athletes the short video titled Macronutrients Basics.

- This will break down each food group and explain why it's important for an athlete's eating and training plan.

Second, provide your athletes with the individual handouts for this section.

- There is one handout for each food group.
- The goal is to provide further education on how much of each food group athletes should be consuming based on their age and activity level, as well as easy ways to get a variety of foods into their meals and snacks.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Fueling an Athlete's Day Challenges:

- 1) Include 3 food groups to your burger meal.
 - Build a colorful burger meal, take a picture and share it with your team
 - Or list out what foods the meal should include and share it with your team
- 2) Add 5 fruits and veggies to your daily meals.
 - Make a list and submit it to your coach
 - Take a picture of it, and submit it to or tag your coach
- 3) Create a Tik Tok video on how to add high-quality protein to your plate.
 - Share video with your team and coach

Game Plan Play-by-Play

MEAL PLAN AND FUELING

The Meal Plans and Fueling Schedules section is designed to provide knowledge on how to put proper fueling tactics into practice with meals and snacks. There is a variety of fueling schedules available based on when your team practices and competes.

First, choose the fueling schedule that works best for your team.

- Print it out and display it where athletes can see it.
- Also, provide a schedule to athletes and parents by handout or email.

Second, there is a variety of meal plans available for various types of sports and fueling goals.

- These meal plans can help teach athletes how to fuel their bodies to feel and perform their best.
- They also illustrate how different foods can be incorporated into meals and snacks at home, school, and on the go.

Finally, choose a meal plan challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Meal Plans and Fueling Schedules Challenges:

- 1) Make a beef jerky trail mix.
 - Include ingredients like nuts, seeds, dried fruit, pretzels, etc. with beef jerky
 - Take a picture and share with your team and/or tag your coach
 - Consider bringing your trail mix to share with your team
- 2) List 3 meals you can make with a batch of ground beef.
 - Include as many food groups as you can
 - Cook one of the meals and take a picture or provide a list of all three meals
 - Share with your team and tag your coach
- 3) Take a picture of your daily fueling/performance schedule.
 - Schedule can be on your phone, a calendar, or notes page
 - Share with your coach and team

Game Plan Play-by-Play

FUELING TRAINING AND COMPETITION

The Fueling Training and Competition section provides knowledge on how to fuel training, performance and recovery pre-, during- and post-exercise. It encompasses sports nutrition principles for all meals and snacks around training and competition.

First, show your athletes the Fueling the Athlete educational video.

- This is a 22-minute, visually-illustrated video, featuring Sports Dietitian Amy Goodson, who teaches the principles of fueling their bodies to perform their best.

Second, and at any time during the use of this section, show your athletes the two short videos.

- View videos Pre-Workout Fueling and Post-Workout Fueling to help educate on how to shape a performance and recovery plate.

Third, provide your athletes with the individual handouts for this section.

- There is a handout on fueling training and competition for pre-workout, early morning workouts, during-workout, and post-workout.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Fueling Training and Competition Challenges:

- 1) Pre-workout snack challenge
 - Create a pre-workout snack containing carbohydrates and protein
 - Take a picture of your snack and share it with your team and coach
- 2) What's in your favorite post-workout smoothie?
 - List the ingredients in your favorite smoothie and try to include at least 3 food groups
 - Take a picture and share the recipe with your coach
- 3) Half-time snack challenge
 - List your top three favorite half-time snacks to provide your body with adequate fuel
 - Take a picture and share with your team and tag your coach
 - Consider bringing the snack for the team to try at practice

Game Plan Play-by-Play

HYDRATION FOR SPORTS

The Hydration for Sports section provides knowledge on how to hydrate throughout the day as well as for training, performance and recovery.

First, show your athletes the Hydrating the Athlete educational video.

- This is a 22-minute, visually-illustrated video, featuring Sports Dietitian Amy Goodson, who teaches the principles of hydration and how to properly hydrate in various environments and scenarios.

Second, provide your athletes with the individual handouts for this section.

- Each handout addresses various hydration topics that teach athletes how to measure hydration status, signs of dehydration, how to help avoid muscle cramping, as well as, what, when, and how much to drink during training and competitions.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Hydration for Sports Challenges:

- 1) What's in your favorite post-workout smoothie?
 - List the ingredients in your favorite smoothie and try to include at least three food groups
 - Take a picture and submit it with the recipe to your coach
- 2) Evaluate your urine color pre- and post-workout based on the hydration color chart.
 - Do this 3 days in a week and write down your number for each day
 - List one way you can improve your hydration status
 - Submit to your coach
- 3) What is your favorite post-workout hydration drink?
 - Take a picture drinking the beverage
 - Submit to your coach and team

Game Plan Play-by-Play

PROPER FUELING TIPS

The Proper Fueling Tips section provides knowledge on how to shape an athlete's plate at breakfast, lunch, dinner, and snacks. It also educates on the importance of nutrient and protein timing to maximize energy levels throughout the day.

First, show your athletes the short video titled Shape an Athlete's Plate.

- The goal of this video is to teach athletes how to consume the proper amounts of each food group without using a meal plan or tracking app.

Second, provide your athletes with the individual handouts for this section.

- The Athlete's Complete Breakfast, Shaping an Athlete's Plate, and Fueling Snacks offer many meal and snack ideas that athletes can easily incorporate into their day.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Proper Fueling Tips Challenges:

- 1) Create an Athlete's Breakfast
 - Make breakfast with beef as the protein
 - Include as many food groups as possible in the meal
 - Take a picture and share it with your coach and team
- 2) Create an Athlete's Lunch or Dinner Plate
 - Make a lunch or dinner with beef as the protein
 - Include as many food groups as possible in the meal
 - Take a picture and share it with your team, tag your coach
- 3) Create 3 snacks powered with protein
 - Take pictures and share them with your coach and team
 - Or bring one of the snacks to practice to share with your team

Game Plan Play-by-Play

TRAVEL NUTRITION TIPS

The Travel Nutrition Tips section provides knowledge on how to fuel training, performance, and recovery on the go amidst busy school, family, and life schedules.

First, show your athletes the Fueling On-the-Go educational video.

- This is a 22-minute, visually-illustrated video featuring Sports Dietitian Amy Goodson, teaches them how to fuel their bodies when they are eating out at restaurants, in fast food drive-thrus, and with their friends.
- This video also incorporates how to choose the right fueling snacks for optimal energy and performance.

Second, provide your athletes and parents with the individual handouts for this section.

- Each covers how to make nutrient-rich choices while navigating busy schedules, traveling and when grabbing meals and snacks on the go.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Travel Nutrition Tips Challenges:

- 1) What is the most nutrient-rich fast food meal?
 - Order the meal at a fast food restaurant
 - Try to get in as many food groups as possible
 - Take a picture and share it with your team and tag your coach
- 2) What are your top 3 gym bag goodies?
 - Take a picture and share it with your team and coach
- 3) What are your top 3 nutrient-rich convenience store/gas station performance snacks?
 - Take a picture and share it with your team and tag your coach

Game Plan Play-by-Play

SPECIFIC CONSIDERATIONS IN SPORTS

The Specific Considerations in Sports section provides knowledge on the various topics and challenges that athletes deal with, including weight gain, leaning out, loss of appetite, injury, supplements, popular diets, and more.

First, show your athletes the educational video, An Athlete's Guide to a Healthy Weight.

- This is a 25-minute, visually-illustrated video, featuring Sports Dietitian Amy Goodson, teaches them the principles of how to gain weight and lose body fat in a healthy way, as well as educates on the myths and facts about supplements.

Second, provide your athletes and parents with the individual handouts for this section.

- Providing athletes the tools to navigate these different areas of sports can help set them up for success when they are faced with certain questions and challenges.

Finally, choose a challenge to help your athletes put their knowledge into practice!

- They can participate as individuals, partners, or as a team. This activity can be tracked on your Scorecard for the program.

Specific Considerations in Sports Challenges:

- 1) What is the best way to add nutrient-rich calories to your meal to increase muscle gain?
 - Take a picture of 1 high-calorie food or snack and share it with your team and coach
- 2) What's the best snack to consume instead of an energy drink?
 - Take a picture of an energy-filled snack and share it with your team and tag your coach
- 3) What is your favorite protein-powered meal to help keep muscles strong and to help to decrease the risk for injury?
 - Create a meal or snack, take a picture, and share it with your team and tag your coach

Summer Sports Nutrition Game Plan Calendar Schedule

SUMMER	SECTION	WEEK 1	WEEK 2	WEEK 3	WEEK 4
JUNE	<input type="checkbox"/> Coach Specific Resources <input type="checkbox"/> Fueling an Athlete's Day <input type="checkbox"/> Fueling Training and Competition <input type="checkbox"/> Meal Plans and Fueling Schedules	<input type="checkbox"/> Review Coach-Specific Resources <input type="checkbox"/> Show short video "Macronutrient Basics" video <input type="checkbox"/> Provide Fueling an Athlete's Day handouts	<input type="checkbox"/> Implement "Fueling an Athlete's Day" Challenge <input type="checkbox"/> Provide Meal Plans and Fueling Schedules	<input type="checkbox"/> Show "Fueling the Athlete" Education Presentation video <input type="checkbox"/> Provide "Fueling Training and Competition" handouts <input type="checkbox"/> Implement "Meal Plans and Fueling Schedules" Challenge	<input type="checkbox"/> Show "Pre-Workout Fueling" Short Video <input type="checkbox"/> Show "Post-Workout Fueling" Short Video <input type="checkbox"/> Implement "Fueling Training and Competition" Challenge
JULY	<input type="checkbox"/> Proper Fueling Tips <input type="checkbox"/> Hydration for Sports	<input type="checkbox"/> Show "Shape an Athlete's Plate" short video <input type="checkbox"/> Provide "Proper Fueling Tips" handouts	<input type="checkbox"/> Implements "Proper Fueling Tips" Challenge <input type="checkbox"/> Show "Hydrating the Athlete" Education Presentation video	<input type="checkbox"/> Provide "Hydration for Sports" handouts	<input type="checkbox"/> Implement "Hydration for Sports" Challenge
AUGUST	<input type="checkbox"/> Specific Considerations in Sports	<input type="checkbox"/> Show "An Athlete's Guide to a Healthy Weight" Education Presentation video	<input type="checkbox"/> Provide "Specific Considerations in Sports" handouts	<input type="checkbox"/> Implement "Specific Considerations in Sports" Challenge	<input type="checkbox"/> Reinforce summer nutrition messages or add an additional challenge

Fall Sports Nutrition Game Plan Calendar Schedule

FALL	SECTION	WEEK 1	WEEK 2	WEEK 3	WEEK 4
AUGUST	<input type="checkbox"/> Coach Specific Resources <input type="checkbox"/> Fueling an Athlete's Day <input type="checkbox"/> Meal Plans and Fueling Schedules	<input type="checkbox"/> Review Coach-Specific Resources <input type="checkbox"/> Show short video "Macronutrient Basics" video <input type="checkbox"/> Provide Fueling an Athlete's Day handouts	<input type="checkbox"/> Provide Meal Plans and Fueling Schedules	<input type="checkbox"/> Implement "Fueling an Athlete's Day" Challenge	<input type="checkbox"/> Implement "Meal Plans and Fueling Schedules" Challenge
SEPTEMBER	<input type="checkbox"/> Fueling Training and Competition	<input type="checkbox"/> Show "Fueling the Athlete" Education Presentation video	<input type="checkbox"/> Provide "Fueling Training and Competition" handouts	<input type="checkbox"/> Implement "Fueling Training and Competition" Challenge	<input type="checkbox"/> Show Pre-Workout Fueling" video <input type="checkbox"/> Show "Post-Workout Fueling" video
OCTOBER	<input type="checkbox"/> Hydration for Sports <input type="checkbox"/> Proper Fueling Tips	<input type="checkbox"/> Show "Hydrating the Athlete" Education Presentation video <input type="checkbox"/> Provide "Hydration for Sports" handouts	<input type="checkbox"/> Implement "Hydration for Sports" Challenge	<input type="checkbox"/> Show "Shape an Athlete's Plate" short video <input type="checkbox"/> Provide "Proper Fueling Tips" handouts	<input type="checkbox"/> Implement "Proper Fueling Tips" Challenge
NOVEMBER	<input type="checkbox"/> Travel Nutrition Tips	<input type="checkbox"/> Show "Fueling On-the-Go" Education Presentation video	<input type="checkbox"/> Provide "Travel Nutrition Tips" handouts	<input type="checkbox"/> Implement "Travel Nutrition Tips" Challenge	<input type="checkbox"/> Reinforce nutrition messaging or add an additional challenge
DECEMBER	<input type="checkbox"/> Specific Considerations in Sports	<input type="checkbox"/> Show "An Athlete's Guide to a Healthy Weight" Education Presentation video	<input type="checkbox"/> Provide "Specific Considerations in Sports" handouts	<input type="checkbox"/> Implement "Specific Considerations in Sports" Challenge	<input type="checkbox"/> Reinforce nutrition messages or add an additional challenge

Spring Sports Nutrition Game Plan Calendar Schedule

SPRING	SECTION	WEEK 1	WEEK 2	WEEK 3	WEEK 4
JANUARY	<input type="checkbox"/> Coach Specific Resources <input type="checkbox"/> Fueling an Athlete's Day <input type="checkbox"/> Meal Plans and Fueling Schedules	<input type="checkbox"/> Review Coach-Specific Resources <input type="checkbox"/> Show short video "Macronutrient Basics" video <input type="checkbox"/> Provide "Fueling an Athlete's Day" handouts	<input type="checkbox"/> Provide Meal Plans and Fueling Schedules	<input type="checkbox"/> Implement "Fueling an Athlete's Day" Challenge	<input type="checkbox"/> Implement "Meal Plans and Fueling Schedules" Challenge
FEBRUARY	<input type="checkbox"/> Fueling Training and Competition	<input type="checkbox"/> Show "Fueling the Athlete" Education Presentation video	<input type="checkbox"/> Provide "Fueling Training and Competition" handouts	<input type="checkbox"/> Implement "Fueling Training and Competition" Challenge	<input type="checkbox"/> Show "Pre-Workout Fueling" video <input type="checkbox"/> Show "Post-Workout Fueling" video
MARCH	<input type="checkbox"/> Hydration for Sports <input type="checkbox"/> Proper Fueling Tips	<input type="checkbox"/> Show "Hydrating the Athlete" Education Presentation video <input type="checkbox"/> Provide "Hydration for Sports" handouts	<input type="checkbox"/> Implement "Hydration for Sports" Challenge	<input type="checkbox"/> Show "Shape an Athlete's Plate" short video <input type="checkbox"/> Provide "Proper Fueling Tips" handouts	<input type="checkbox"/> Implement "Proper Fueling Tips" Challenge
APRIL	<input type="checkbox"/> Travel Nutrition Tips	<input type="checkbox"/> Show "Fueling On-the-Go" Education Presentation video	<input type="checkbox"/> Provide "Travel Nutrition Tips" handouts	<input type="checkbox"/> Implement "Travel Nutrition Tips" Challenge	<input type="checkbox"/> Reinforce nutrition messaging or add an additional challenge
MAY	<input type="checkbox"/> Specific Considerations in Sports	<input type="checkbox"/> Show "An Athlete's Guide to a Healthy Weight" Education Presentation video	<input type="checkbox"/> Provide "Specific Considerations in Sports" handouts	<input type="checkbox"/> Implement "Specific Considerations in Sports" Challenge	<input type="checkbox"/> Reinforce nutrition messages or add an additional challenge

HOW TO BUILD A PRE-GAME MEAL

Pre-game meals are designed to provide athletes with long-lasting fuel to get them to and through a game or competition. Ideally, this meal should be consumed two to four hours before the game, competition, or event so that athletes can eat enough fuel and have time for it to digest.

10 Tips to Shape a Pre-Game Plate:

1. Make half of the plate complex carbohydrates
2. Make one-fourth of the plate lean protein
3. Make one-fourth of the plate an easy-to-digest vegetable
4. Add a side of fruit
5. Avoid high-fat foods like fried foods, creamy sauces, and desserts
6. Avoid spicy and garlicky foods
7. Provide plenty of fluids including water and sports drinks
8. Have salt available to salt foods for extra electrolytes
9. Provide familiar foods; avoid serving new foods at pre-game meals
10. If you have athletes with finicky stomachs, have smoothies or plain sandwiches available

Whether you are planning a pre-game meal as a booster club, with a restaurant, or on-the-road, this simple chart will help in planning the meal:

<p>Carbohydrate Options:</p> <ul style="list-style-type: none"> ● Pasta with marinara sauce or light butter sauce ● Baked potatoes, roasted potatoes, mashed potatoes, or sweet potatoes ● Rice, rice pilaf, broccoli rice casserole ● Oatmeal, grits, cerea 	<p>Best Easy-to-Digest Vegetable Options:</p> <ul style="list-style-type: none"> ● Green beans ● Corn ● Carrots ● Squash and zucchini ● Salad
<p>Protein Options:</p> <ul style="list-style-type: none"> ● Steak, lean cuts of beef ● Meat sauce for pasta ● Fish ● Chicken ● Eggs 	<p>Bread Options for Extra Carbohydrate Options:</p> <ul style="list-style-type: none"> ● Whole wheat and white rolls ● Breadsticks ● Cornbread ● Toast, bagels, English muffins, tortillas

Sample Pre-Game Meals:

- Scrambled eggs, whole grain bagel with 100% fruit jam, sausage, fruit
- Breakfast sandwich with eggs, cheese, beef sausage, and a yogurt, fruit, granola parfait
- Lean beef, potatoes, green beans, cold pasta salad, fruit, and wheat roll
- Fish, brown rice, green salad with vinaigrette dressing, fruit, and wheat roll
- Grilled chicken, pasta with marinara sauce, fruit, salad, and breadsticks
- Whole grain sandwich with lean protein, lettuce, tomato, avocado with fruit and pretzels

Locker Room Snacks

While locker rooms may not seem like an ideal place for eating, the truth is that half-times and tournaments require fuel. A pre-game meal can only get an athlete so far; locker room snacks are essential to keep athletes energized, be it through the second practice, the second half, the second game, or the final innings.

5 Locker Room Snack Tips:

1. Provide foods that won't melt and aren't coated

- Coated protein bars and energy bites with chocolate chips are likely to become a gooey mess if they end up in the heat or in a non-air conditioned locker room. If they are melted and messy, athletes likely won't eat them, which could make them miss out on a fueling opportunity.

2. Foods that need to be cold or hot don't belong in a locker room

- There is a food safety rule of thumb that says, "Keep cold foods cold and hot foods hot." This means foods like string cheese, yogurt, and deli meat should not be left in a gym bag.

3. Provide shelf-stable foods

- Shelf-stable foods imply that temperature doesn't matter and won't compromise the safety of the food itself. Foods like nuts and granola bars are great examples!

4. Be sure to pack food in baggies or airtight containers

- Foods left out in the open, exposed to air, can spoil and attract bugs. Be sure to seal your shelf-stable snacks in baggies or airtight containers to keep them safe and ready to eat.

5. Pack hand sanitizer or wipes

- If washing your hands with soap and water is not an option, it is important to use hand sanitizer or wipes before eating to help reduce the spread of germs.

Time is often a factor in fueling during games. Snacks should be easy-to-open, easy-to-eat, and easy-to-digest so athletes can quickly get back to the field, court, or course.

5 Things to Provide for Half-time Snacks:

1. Quick-digesting carbohydrates for quick energy
2. Salty snacks for extra electrolytes
3. Foods that do not have a food safety/temperature concern
4. Carbohydrate + protein combination snacks to help stabilize blood sugar levels and energy levels
5. Water and sports drinks

Half-time Locker Room Snacks:

Beef jerky trail mix with nuts and dried fruit	Whole grain crackers	Bananas
Peanut butter crackers (individually packed)	Whole grain granola	Grapes (still on the vine for easy grabbing)
Energy bars	Animal crackers	Oranges (quartered)
Trail mix style granola bar	Beef jerky	Whole grain cereal (individual cups)
Granola bars	Peanut butter-filled pretzels	Sports gels, beans, and energy chews
Cheese crackers	Peanut butter and jelly sandwich halves	Water and sports drinks
Pretzels	Dried fruit: Raisins, dried fruit strips	

If grabbing food at grocery or convenience stores, consider these snacks:

Beef jerky and a whole grain granola bar	Peanut butter crackers and a string cheese	Fruit and yogurt parfait and a bag of nuts
Individual bag of nuts/trail mix and a fruit	Whole grain crackers and string cheese/nuts	Ready-to-drink shake and a fruit/granola bar
Whole grain granola bar and nuts	Protein bar and banana or milk	Roast beef/turkey/ham sandwich or wrap with baked chips or a fruit cup

General Food Safety Guidelines

Most sporting environments are not optimal for fueling athletes; however, the reality is that many pre-game meal and snack locations are in locker rooms, field houses, and more. To help prevent food-borne illness and keep athletes safe, use these general food safety guidelines:

Temperature

The saying goes, “Keep cold foods cold and hot foods hot” to keep them safe. This can be a challenge, especially with outdoor sports.

1. Cold Foods:

- Refrigerated foods should remain at or below 40°F.
- Ideally, keep these types of foods in the refrigerator as long as possible. If using coolers, make sure there is plenty of ice or ice packs to keep all foods cold. If coolers are outside, try to place them in a shaded area.
- Almost all animal foods should be kept refrigerated with the exception of jerky. This includes all dairy, eggs, and foods made with these ingredients as well as those made with mayonnaise or creamy salad dressings.
- If cold foods have been left in the heat or at room temperature for 4 hours or more, they should be discarded.

2. Hot Foods:

- Hot foods should be kept heated in warmers or chafing dishes with a heat source. This will help ensure that foods are staying at the correct temperature.
- Outside heat does not count for keeping hot foods hot; foods being left in the heat are a set-up for food-borne illness.
- Like cold foods, almost all animal foods should be kept refrigerated with the exception of jerky. Warm entrees and side items made with dairy, egg, mayonnaise, or creamy ingredients should be kept warm.
- If hot foods have been left in the heat or have cooled down and been left at room temperature for 4 hours or more, they should be discarded.

Meal Set-up/Food Packaging:

- Depending on the eating environment, providing pre-packaged or self-contained meals can help limit exposure to germs and cross-contamination. Example: Boxed sandwich meal.
- If serving meals family-style, be sure that each dish has its own utensil so that cross-contamination of various foods is limited. In addition, if one person can be serving the food item, to prevent every athlete from touching the utensil, it is likely that germ transfer will be reduced.
- Pre-packaged, self-contained snacks, or pre-portioning snacks into baggies is ideal for any environment and should be offered as often as possible.
- Providing athletes with utensil packets should be a top priority so athletes are not touching other athletes' utensils.
- Provide individually-packaged condiments and avoid having bowls of condiments out with knives and spoons.

Cooking Equipment:

- Many buffets include toasters, waffle makers, panini presses, blenders, and more. Not only is there a risk that an athlete could injure or burn themselves, but there is also the risk of cross-contamination between raw and cooked ingredients. Unless there is an attendant to help wipe down or clean these machines between uses, they should likely not be provided.
- If team BBQs or picnics are being held, it is very important to keep raw and cooked foods separate with different pans and utensils to prevent cross-contamination.

Cleanliness:

- Cross-contamination can happen between raw and cooked foods, but also between various cooked protein and side dishes. Be sure each dish and condiment has its own serving utensil to limit the opportunity for food-borne illness.
- Try to set up meals in an area with a handwashing station so that athletes can wash their hands with soap and water. If no handwashing station is available, provide hand sanitizer and disinfectant hand wipes for athletes to use. These should be located near the serving line.
- Anyone serving food should wear gloves and a hair net.
- Wipe down and/or disinfect the food serving areas as often as possible.

Tips on Working with Booster Clubs

Booster Clubs and parent groups can be a great resource to help fuel your athletes and team! Planning in advance can help them budget for the upcoming year's meals, travel, and events.

Consider the following when working with your Booster Club:

- What is the budget for pre-game meals or snacks?
- When does the Booster Club's fiscal year start and how much time do they need for budget approval?
- Are there restaurants and/or local businesses that might partner with the Booster Club to help fund meals and snacks in exchange for marketing?
- What beverage company/school foodservice company does your district contract with and is there an opportunity for a reduced cost if meals and snacks are ordered through their company?
- Introduce a seasonal athlete sports fee to help fund meals and snacks for the season/year.

Opportunities for Booster Clubs to Provide Food for Your Team:

- Ready-to-drink shakes, bars, and fruit during summer camps and/or 2-a-days
- Ready-to-drink shakes, bars, and other nonperishable snacks for the locker room during the season (games, competitions, and after practices)
- Travel snack bags with nonperishable food
- Pre-game meals catered by a restaurant
- Pre-game meals catered and/or funded by parents (ex. potluck meal)
- Meals for awards banquets, tournaments, and other events

Lists to Provide to Booster Clubs and Parents:

- How to Build a Pre-Game Meal handout
- Locker Room Snacks handout
- Travel Meals and Snacks handout
- General Food Safety Guidelines handout
- Eating On-the-Go Strategies
- Shape an Athlete's Plate handout

Tips on Building Team Buy-In

As a coach, one of your greatest assets to building a culture of performance nutrition is to have team buy-in. While it may not happen all at once, identifying team leaders and consistently discussing nutrition as a part of your training can help strengthen the message. Here are some ways to enhance buy-in from your team:

Keep the Message Consistent:

- Make performance nutrition part of the team culture. It has to be consistently present
- Show program videos, distribute and post handouts and participate in the program's challenges can help reinforce the nutrition message
- Verbally encourage positive sports nutrition practices like reminding athletes to hydrate, eat a nutrient-rich lunch before practice, and eat a post-workout snack

Identify Team Leaders:

- Have the team vote on a Performance Nutrition Team leader or leaders depending on the size of your team
 - It is likely best to have this person be different from a team captain
- Team leaders can be coached to promote healthy habits around eating, hydration, fueling practices, workouts, and games
- Team leaders can develop challenges that motivate fellow athletes and teammates to fuel in a positive way
 - Take pictures of meals and see who has the most food groups
 - Have a snack board it check off if they had a pre/post-workout snack
 - Track food in an app

Promote Accountability Partners:

- Pairing up players as accountability partners can give them a healthy reason to encourage each other about eating and hydrating
- Consider setting up a game where partners can win a prize or an award based on how many times they checked in with each other each week/month
- Have each partner group make a nutrition handout for the team

Get the Team Involved in Team Meals:

- Research suggests that when kids and youth are a part of the meal-time decision-making process, they are more likely to eat the food
- Have teams come up with nutrient-rich fueling snacks that they like and have them make a list for parents/booster club to provide
- Set up a snack schedule where different team members bring snacks for workouts or tournaments

FREQUENTLY ASKED QUESTIONS

1. How do our teams, coaches, support staff, and parents access the Sports Nutrition Game Plan?

Your school will be provided with one username and password. This login information should be provided to all individuals your school wants to access the program, including parents. Game Plan content can only be accessed under the secure login.

2. Is the Sports Nutrition Game Plan designed for one sport, or can all sports participate?

The Sports Nutrition Game Plan is designed for all sports at a school to participate. However, not all sports in a school have to participate for the school to take advantage of the program.

Each team can use the program how they see fit based on the team's needs, schedule, desired pace, etc.

3. What time of year should my team participate in the program?

Each team should run the program at the pace that best accommodates their needs and schedule. While there are recommended layouts for the fall, spring, and summer semesters, the program can easily be extended over an entire school year. The goal is to truly educate your team and help them build sports nutrition into their culture versus rushing through the content.

4. Should the coach or a support staff team member run the program for a team?

Each team will likely have a different individual as the point person for the program. In some instances, a head coach might want to lead, but an assistant coach, a strength coach, or an athletic trainer are also great options to lead. There is no right or wrong way; it is based on what works best for the team.

5. Should there be a student point person for the program?

Identifying one or more Sports Nutrition Game Plan Team Captains is recommended. This will help build team buy-in and comradery around incorporating sports nutrition into the team's culture. These team captains can help support team challenges for each section throughout the year.

6. Is the program accessible through any communications platform

The Sports Nutrition Game Plan is available on the sportsYOU platform. Please let the Sports Nutrition Game Plan Team know that your team uses the platform and the program can be assigned to you. Coaches will then be responsible for distributing the information to players.

7. Where can I send parents who have more questions

Parents can be sent to the Resources tab on the website. This tab provides all education videos, short videos, and handouts used in the program.

Parents can also submit questions via the Contact Us tab on the website.

8. Is there ever an opportunity to have a sports dietitian visit our school for a day?

Yes, a sports dietitian can visit your school at an additional cost based on the sports dietitian's consulting fees.

9. What do I do if I have an athlete that needs to meet with a sports dietitian one-on-one?

Please reach out to us through the Contact Us tab on the website and we can make a recommendation or referral for you. You can also visit eatright.org and click on the red button in the upper right corner, "Find a Nutrition Expert", and search by specialty area and zip code to find a sports dietitian near you.

10. Where can I get more information and resources on beef nutrition?

Please visit BeefLovingTexans.com/nutrition.