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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:

- Does your team have a budget specifically 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 and/or foodservice company does your district contract with and is there opportunity for reduced cost if meals and snacks are ordered through their company?
- Do you need to consider introducing a seasonal athlete sport fee to help fund meals and snacks for the season/year?

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

WORKING WITH BOOSTER CLUBS

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 (like a potluck meal)
- Meals for awards banquets, tournaments, and other events

Nutrition Fueling Tips for Booster Clubs and Parents:

- Food should be looked at as fuel/energy for performance instead of calories
- Encourage athletes to eat multiple meals and snacks throughout the day (every few hours)
- Encourage athletes not to skip meals or snacks
- Eat quality, nutrient-rich foods more often (80%)
 - » Focus on choosing nutrient-rich foods that fuel performance as often as possible
 - » Combining complex carbohydrates, lean protein, and healthy fat each meal/snack, veggies as often as possible, and lots of water
- Limit intake of foods lower in nutrients to less often (20%)
 - » No foods are off limits, but some should be consumed less often
 - » Limit high sugar and fat calories from processed foods like fried food, baked goods/pastries/doughnuts and refined carbohydrates, as well as flavored drinks (sweet tea, lemonade, soda, energy drinks, juices, etc.) to a smaller portion of the diet
- Surround less nutritious options with better “friends”
 - » Sandwich on whole grain bread with lean protein, cheese, veggies, and avocado with yogurt, fruit, whole wheat pretzels, and a cookie
 - » Cheeseburger with veggies and mustard paired with fruit, baked chips, and milk
 - » Grilled nuggets with small fries, fruit cup, side salad, and milk





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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 provided two to four hours before the game, competition, or event so they can eat adequate fuel and have time to digest it.

10 Tips to Shape a Pre-Game Plate

1. Make half of the plate complex carbohydrate.
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; don't try new foods at pre-game meals.
10. If you have athletes with finicky stomachs, have smoothies or plain sandwiches available.

HOW TO BUILD A PRE-GAME MEAL

Things to consider when planning a pre-game meal:

- What is your budget? Can the booster club help?
- Do any of your athletes have food allergies?
- Is there access to sinks for hand-washing or is hand sanitizer available?
- How large is your team?
 - » Larger teams may want to have food catered versus going to a restaurant, due to time constraints.
- Can the pre-game meal be eaten immediately after set-up or will it sit for a while?
 - » This might determine if you plan a hot meal or a meal that does not need to be kept warm.
 - » If a hot meal will be set up early, be sure to have warmers or chafing dishes with a heat source.
- If you are going to a restaurant:
 - » Plan the meal at least three days in advance (ideally earlier to allow for restaurant to be staffed and prepared).
 - » Call ahead to make sure the restaurant can accommodate a group.



- » Consider the time of day to assess how busy restaurants might be.
- » Choose two to three options for athletes to order from to help with efficiency of ordering and preparation.
- » Consider choosing a restaurant that has bread, rolls, and/or breadsticks available for the table.
- » If tax exempt, bring form to restaurant or provide to manager in advance.
- » Be sure to include gratuity and any other fees in your budget proposal; if using restaurant delivery, allow for delivery fees as well as gratuity.

Whether you are planning a pre-game meal as a booster club, on-the-road, or with a restaurant, here is a simple list to provide those planning the meal.

Carbohydrate Options:

- Pasta with marinara sauce or light butter sauce
- Baked, roasted, or mashed potatoes sweet potatoes
- Rice, rice pilaf, broccoli rice casserole
- Oatmeal, grits, cereal

Protein Options:

- Steak, lean cuts of beef
- Meat sauce for pasta
- Fish
- Chicken
- Eggs

Best Easy-to-Digest Vegetable Options:

- Green beans
- Corn
- Carrots
- Squash, zucchini
- Salad

Bread Options for Extra Carbohydrate:

- Rolls (whole wheat or white)
- Breadsticks
- Cornbread
- Toast, bagels, English muffins, tortillas

Sample Pre-Game Meals:

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



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GENERAL FOOD SAFETY GUIDELINES

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

Cold Foods:

- Refrigerated foods should remain at or below 40 degrees fahrenheit.
- Ideally, keep cold 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-source 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.

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

Hot Foods:

- Hot foods should be kept heated in warmers or chafing dishes with a heat source. This will help ensure foods stay at the correct temperature.
- Heat from a hot day does not work for keeping hot foods hot. In fact, foods left in the heat are a likely set-up for foodborne illness.
- Like their cold counterparts, almost all hot animal-source foods should be kept warm. Warm entrees and side items made with dairy, egg, mayonnaise, or creamy ingredients should be kept warm.
- If hot foods have been left sitting out for 4 hours or more, they should be discarded.

GENERAL FOOD SAFETY GUIDELINES

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.
- If serving meals family-style, be sure each dish has its own utensils so cross-contamination is limited. In addition, if one person serves the food item, to prevent every athlete from touching the utensil, it is likely that germ transfer will be reduced.
- Pre-packaged or self-contained snacks should be offered as often as possible since many times when athletes are grabbing snacks, it is impossible to double check that everyone washed their hands. Purchasing individual snack-size snack foods or pre-portioning snacks into baggies for locker rooms, dugouts, or other locations is ideal.
- Providing athletes with utensil packets should be a top priority so athletes are not touching other athletes' utensils.
- It is ideal to provide condiments in individual packets that an athlete can pick up, or in larger squirt bottles. Avoid having bowls of condiments out with knives and spoons.



Cleanliness

- Be sure each dish and condiment has its own serving utensil to limit the opportunity for foodborne illness.
- Try to set up meals in an area where there is a handwashing station for athletes to wash their hands with soap and water before each eating occasion. If no handwashing station is available, provide hand sanitizer and disinfectant hand wipes for use. These should be located near the serving line.
- Anyone serving food should wear gloves and ideally a hair net.
- Wipe down and/or disinfect the food serving areas as often as possible.

Cooking Equipment

- Many buffets include waffle makers, panini presses, blenders, and more. Not only is there a risk that an athlete could injure or burn themselves, there is also the risk of cross-contamination between raw and cooked ingredients. Care should be taken if these appliances are available; an attendant can be helpful to ensure food safety protocols are followed.
- If team BBQs or picnics are held, it is very important to keep raw and cooked foods separate, with different pans and utensils, to prevent cross-contamination.





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TRAVEL MEALS AND SNACKS

Optimally fueling athletes when traveling to games, tournaments, or meets can be a challenge due to logistics. Schedules, transportation, and food availability all play a role as to what is actually possible. As a coach, the goal is to provide the best nutritious option available with the budget and resources provided. That might mean balancing pre-packaged foods with athlete preferences and that's okay!

Try to provide as many nutrient-rich options as possible and use the below recommendations and ideas as a guide.

Many athletes have to travel to games, competitions, and tournaments on a regular basis. Here are some things to consider when traveling:

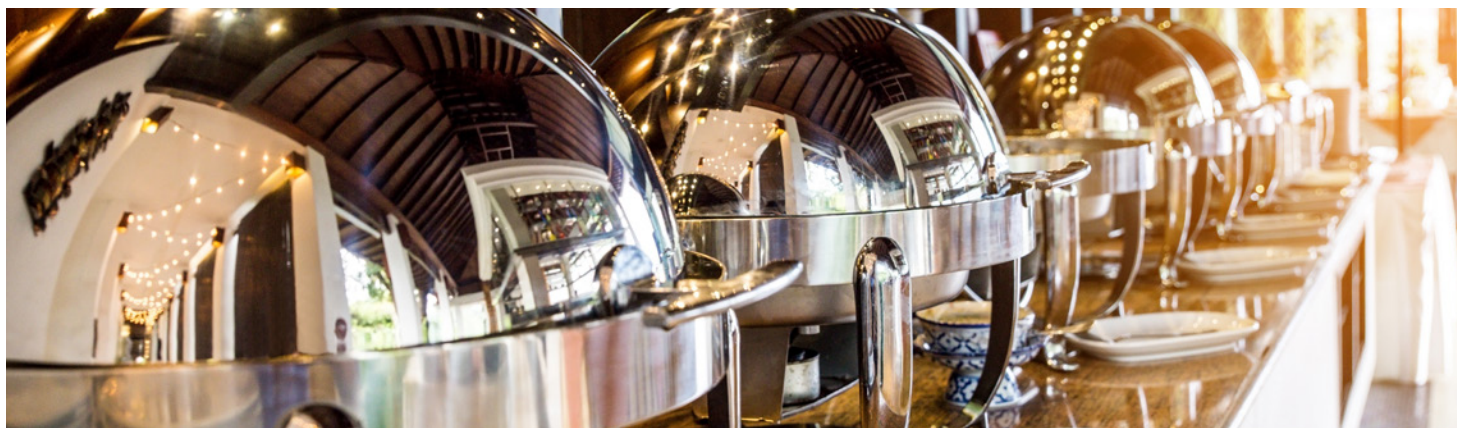
- Do you have time to grocery shop and purchase snacks?
- Do you have an ice chest and access to ice to keep cold foods cold?
- Do you have a mini fridge or microwave in your hotel room?
- Does your hotel have a continental breakfast or restaurant?
- Pack hand sanitizer wipes
- Pack bottles of water and sports drinks
- Pack snacks in case you don't have time to go to the grocery store upon arrival before having to practice or play
- Pack plasticware, paper plates/bowls, and paper towels in case you do not have access to them



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TRAVEL MEALS AND SNACKS

If heading out extra early for a game or tournament, fueling athletes with a “Brown Bag Breakfast” can help provide them with the energy they need. These foods can often be packed in advance in individual bags, ahead of time, making distribution quick and easy. If staying at a hotel, grabbing milk and/or chocolate milk to go with the breakfast is a fueling win!



TOP 10 BROWN BAG BREAKFASTS

1. Beef jerky, baggie of whole grain granola and nuts, and banana
2. Hard-boiled eggs*, whole grain granola bar, peanut butter to-go cup, and apple slices
3. Whole grain blueberry muffin, almond butter squirt packet, strawberries, and hard-boiled eggs
4. Beef jerky trail mix made with nuts, seeds, dried fruit, and granola with milk
5. Whole wheat tortillas with peanut butter, banana, and honey paired with trail mix
6. Oat-based granola bar, pistachios mixed with dried fruit, banana, and milk
7. Whole grain bagel with peanut butter or cream cheese, fruit, and beef jerky
8. Ready-to-drink protein shake with an apple and peanut butter to-go cup
9. Pre-made energy bites made with oats, honey, peanut butter, protein powder, and your favorite nuts, seeds, and dried fruit with grapes, and chocolate milk
10. Protein bar, fruit, baggie of whole grain granola, and milk

*If temperature does not exceed 70 degrees, item should be consumed within 4 hours - www.servsafe.com

Fueling with Hotel Breakfasts:

- **Choose a carbohydrate:**
 - » Oatmeal, whole grain cereal, or granola
 - » Whole grain bread, bagels, or English muffins
 - » Pancakes or waffles, whole grain if available
- **Choose a lean protein:**
 - » Scrambled or hard-boiled eggs, omelet with protein
 - » Egg, cheese, and lean protein on a breakfast sandwich/wrap
 - » High-quality protein like lean sausage
 - » Dairy foods like cheese or yogurt
 - » Peanut butter, nuts, or seeds
- **Choose a fruit:**
 - » Whole fruit
 - » Fruit mixed in smoothies, yogurt parfaits, or as toppings on cereal/oatmeal/waffles
- **Choose a nutrient-rich beverage:**
 - » Water
 - » Milk or chocolate milk
 - » Fruit smoothies
 - » 100% juice

TRAVEL MEALS AND SNACKS

Non-perishable Snacks to Pack

- **Carbohydrates:**
 - » Granola bars and granola
 - » Whole grain pretzels, crackers, bagels or breads
- **Protein:**
 - » Beef jerky
 - » Energy/protein bars
 - » Peanut butter
 - » Nuts and trail mix
- **Fluid**
 - » Bottles of water
 - » Bottles of sports drinks



If grabbing food from a grocery or convenience store, consider the below snacks:

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



Whether taking a team to a restaurant or catering food in, here are some guidelines to follow:

Carbohydrate Options:

- Pasta with marinara sauce or light butter sauce
- Baked, roasted, or mashed potatoes/ sweet potatoes
- Rice, rice pilaf, broccoli rice casserole
- Oatmeal, grits, cereal

Protein Options:

- Steak, lean cuts of beef
- Meat sauce for pasta
- Fish
- Chicken
- Eggs

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- Fish, brown rice, green salad with vinaigrette dressing, fruit, and a wheat roll
- Grilled chicken, pasta with marinara sauce, fruit, salad, and breadsticks
- Whole grain sandwich with lean protein, cheese, and veggies with fruit and pretzels