

Healthy Food Choices

Meet Snack Guidelines

Below is a list of appropriate snacks that your child can “nibble” on during awards and prior to competitions.

There should be no food purchased from the concession stands prior to entering awards. This includes the famous ‘Maui Wau’ drink! Parents must hold all drinks and concession stand snacks until after awards.

As Olympia athletes, we strive to be respectful to all facilities and their surroundings. We strive to leave the facility and the award area looking better than it did when we arrived.

We encourage all athletes to pack a small “healthy” snack in a mini container or bag. The athlete should carry his or her snack bag in their gym bag so they can have access to it following competition. It is best to pair the snacks: one protein; one carbohydrate. The carbs bring energy up and the proteins sustain energy levels throughout the day.

***WATER ONLY**

***Pretzels**

***Multigrain cheerios or oatmeal squares**

***Pears**

***Apple slices**

***Whole Wheat Crackers**

***Berries**

***Celery Sticks**

***Carrots**

***Animal Crackers**

***Grapes**

***Orange Slices**

***Strawberries**

***String Cheese**

No LARGE portions of food should be in your child’s gym bag.