



Kids, Sports and Snacks

Children participating in team sports are getting a great opportunity to exercise, participate in a group activity and gain self-esteem.

Providing snacks after sports can be a good way to link and reinforce the importance of exercise and good nutrition. Unfortunately, the snacks and drinks often provided by parents after games and from snack bars are not supporting this message. Many sports teams also rely on candy sales as a way to raise money.

Here are some ideas to make healthy snacking part of your team's success!

- ❑ Have your coach and/or team parent talk about building strong bodies and the importance of refueling our bodies with nutritious food after exercising.
- ❑ Choose water instead of sports drinks in most instances as many sports drinks are loaded with sugar. According to the USDA/ARS Children's Research Center at Baylor College of Medicine "'sports drinks ... offer little advantage over cool water.'" Sports drinks are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more."
- ❑ Offer nutritious snacks such as cut-up fruit, pretzels, whole grain crackers, or baby carrots at the end of games.
- ❑ Instead of candy sales, sell non-food items such as t-shirts, sports equipment, hats, etc.
- ❑ Reward success on the field and practices with non-candy treats such as special outings, gift certificates or sports equipment.

Additional Resources for Healthy Snack and Fundraising Options

<http://www.ccwsd.org/resourcesfundraising.htm>

<http://www.kidseatgreat.com/>

http://www.momsteam.com/alpha/features/nutrition/healthy_snacks.shtml

<http://www.kidsnutrition.org/>