

# SNACK SIGN UP LIST

Team Name: \_\_\_\_\_

	Game Date and Time	Parent Name	Parent Email or Phone
Game 1			
Game 2			
Game 3			
Game 4			
Game 5			
Game 6			
Game 7			
Game 8			

## Details

Each parent will sign up for a date in which they provide a small nutritious snack/drink (low or no sugar) for each player on the team. No one is required to sign up for more than one date, but it may be necessary in order to have every game covered. We are offering a suggested healthy snack but you are not required to get a snack from the list. **We ask that snacks be individually wrapped and passed out quickly to avoid gatherings.**

## Healthy Snack Ideas

- Yogurt (in tubes)
- Fruit (apples, oranges, bananas) or Fruit Cups
- String Cheese
- Cheese Crackers
- Graham Crackers
- Animal Crackers
- Goldfish
- Pretzels
- Granola Bars
- Fruit Bars
- Z Bars
- Be creative!

