



Powered by Protein



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

