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LOCKER ROOM SNACKS

Time is often a factor for fueling during games. Snacks should be easy-to-open, easy-to-eat, and easy-to-digest so you can quickly get back to the field, court, or course.

5 Locker Room Snack Tips:

- Provide foods that won't melt and aren't coated
 - » Coated protein bars and energy bites with chocolate chips are likely to become a gooey mess if they end up in the heat or in a non-air conditioned locker room.
 - » If they are melted and messy, athletes likely won't eat them and miss out on a fueling opportunity.
- Foods that need to be cold or hot don't belong in a locker room
 - » There is a food safety rule of thumb that says, "Keep cold foods cold and hot foods hot."
 - » This means foods like string cheese, yogurt, deli meat, and other proteins should not be left in a gym bag.
- Provide shelf-stable foods
 - » Shelf-stable foods implies that temperature doesn't matter and won't compromise the safety of the food itself.
 - » Foods like beef jerky, nuts, and granola bars are great examples!
- Be sure to pack food in baggies or airtight containers
 - » Foods left out in the open, exposed to air, can spoil and attract bugs. Be sure to put shelf-stable snacks sealed in baggies or airtight containers to keep them safe and ready to eat.
- Pack hand sanitizer or wipes
 - » If washing your hands with soap and water is not an option, it is important to use hand sanitizer or wipes before eating to help reduce the spread of germs.

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5 Half-Time Snack Ideas:

1. Quick-digesting carbohydrates for quick energy
2. Salty snacks for extra electrolytes
3. Foods that do not have a food safety/temperature concern
4. Carbohydrate + protein combination snacks to help stabilize blood sugar levels and energy levels
5. Water and sports drinks

Half-time Locker Room Snacks

- Beef jerky trail mix with nuts and dried fruit
- Peanut butter crackers
- Energy bars
- Trail mix style granola bar
- Granola bars
- Pretzels
- Peanut butter-filled pretzels
- Whole grain crackers
- Whole grain granola
- Animal crackers
- Beef jerky
- Peanut butter and jelly sandwich halves
- Dried fruit: raisins, dried fruit strips
- Bananas
- Grapes (still on vine for easy grabbing)
- Oranges (quartered)
- Whole grain cereal (individual cups)
- Sports gels, energy chews
- Water and sports drink

Baseball is a sport slower in pace, but often longer in duration.

It is essential to keep blood sugar and energy levels stable by consuming carbohydrate + protein snacks throughout the game so when it's batter-up, you are ready!

Baseball Dugout Snacks

- Beef jerky trail mix with nuts and dried fruit
- Beef jerky and goldfish/pretzels
- Beef jerky and granola bar
- Beef jerky and banana
- Peanut butter crackers
- Peanut butter-filled pretzels
- Trail mix style granola bar
- Individual bag nuts and goldfish/pretzels
- Individual bag nuts and granola bar
- Individual bag nuts and banana
- Energy bar without a coating
- Homemade energy bits in snack baggies

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Golf is another sport that is low in intensity, but long in duration. Golfers require strong mental acuity and focus in order to successfully complete a round and win. This means a stable blood sugar is necessary to keep golfers on par for the course.



ON-THE-COURSE FUEL FOR GOLFERS

ON-THE-COURSE FUELING SCHEDULE:	FUELING SNACKS:
Follow the fuel plan whether you feel hungry or thirsty	Beef jerky trail mix with nuts, dried fruit, and granola
Plan a snack at hole 4-5	Beef jerky + banana/granola bar
Plan a snack at the turn	Non-coated energy bars or energy bites
Plan a snack at hole 14-15	Peanut butter and jelly sandwiches
Drink water and/or sports drink throughout round	Peanut butter crackers or peanut butter-filled pretzels

FUELING SWIM AND TRACK MEETS

SNACKS FOR THE MEET DAY:	PRE-EVENT ENERGY BOOSTING SNACKS:
Beef jerky trail mix with nuts, dried fruit and granola	Fruit (fresh, dried or fruit "leather")
Beef jerky + banana/granola bar	Carbohydrate energy chews or gels
Non-coated energy bars or energy bites	Easy-to-digest granola bars or granola
Granola bar + nuts	Sports drinks



Swim meets and track meets are often not the most optimal fueling experience because athletes have numerous events throughout the day and may or may not have access to quality food choices.

The best plan for fueling these types of sporting events is to have a bag or cooler full of snacks so athletes can stay fueled even if they don't get to eat full meals throughout the day. Then be sure to have some quick digesting carbohydrate energy boosters for immediately before an event.

If meals are not available at the fueling location, consider packing some ready-to-eat, snack-style meals to keep athletes fueled.

Examples include:

- Beef jerky trail mix, energy bar, and fruit
- Peanut butter and jelly sandwich on whole grain bread/bagel, pretzels, beef jerky, and fruit
- Peanut butter crackers sandwich pack, apple sauce, beef jerky, and whole grain granola
- Hummus and pretzels, energy bar, and fruit
- Ready-to-drink smoothie/shake, granola bar, and fruit