

Sport Snack Duty

When it's your turn to bring snacks for the team, it's tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches & pears
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or applesauce
- >> Ice cold water - no need for sugar packed sport drinks

THE PRICE IS RIGHT

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$6.47

Typical Snack -

- > Mini bags of cookies (12 pack) - \$6
- > 7 oz. Capri Sun drink pouches (10 pack) - \$6.50

Total = \$12.50

