

PACKING SNACKS FOR SCHOOL SPORT COMPETITIONS



Nutritious food and plenty of water provides the right fuel for a good performance at school sport competitions. Plan to fuel up before, during and after the competition.

Ideas for snacks to bring on the day – high in good quality carbohydrate and protein:

- ♥ Have a filling breakfast 2 - 4 hours before the event, which should include good quality carbohydrate and protein foods.
- ♥ Have a light snack 1-2 hours before the event – eating too close to the event may cause a stomach upset!
- ♥ Be prepared! Pack nutritious snacks, like nuts and fruit to avoid having to buy food at the event.
- ♥ Store snacks like yoghurt, cheese and milk at safe temperatures. Bring a cooler bag with a frozen bottle of water to keep cold foods chilled.
- ♥ To support recovery after an game the best foods are a good source of carbohydrate and protein like a filled sandwich or sushi.
- ♥ Drink plenty of plain water before, during and after the tournament. Keep a chilled water bottle at the side line.

