

SNACK LIST FOR CLUB VOLLEYBALL TOURNAMENT

A hearty breakfast is absolutely vital for girls during all day tournaments - they need to start out with a full tank.

PLEASE BRING ENOUGH FOR THE GIRLS AND FOR THE FAMILIES TO SHARE, POT LUCK STYLE.

*****WE REQUEST ONLY HEALTHY FOODS FOR THE GIRLS AS THEY NEED THE BEST POSSIBLE NUTRITION FOR TOURNAMENT PLAY**

*****PLEASE REFRAIN FROM FAST FOOD OR HIGH SUGAR ITEMS, AS THIS WILL AFFECT PERFORMANCE!**

NAME: _____ Date: _____

I will volunteer to bring the following acceptable items to share:

- Pasta Salad
- Granola or non-sugary cereals
- Low-Fat Yogurt (*flavors: Vanilla and Strawberry*)
- String Cheese (*low-fat*)
- Bagels (*cut into halves/quarters*) or English Muffins
 - Cream Cheese (*low-fat*)
 - Peanut Butter
- Tortilla Wraps (*keep mayo, mustard and ranch to the side and have the girls add their own*)
 - Ham,
 - Turkey
 - Roast Beef
 - Tuna
- Tortilla Chips & Salsa (*low fat*)
- Fruit
 - Strawberries or Chopped/ Mixed Fruit
 - Apples (Red and Green; Sliced and whole)
 - Grapes
 - Oranges (quartered)
 - Bananas
 - Applesauce
- Cut Up Vegetables (*be careful with high fat dips; hummus is good*)
 - Carrots
 - Celery
 - Broccoli
 - Cauliflower
 - Mushrooms
- Granola Bars or Power Bars
- Animal, Graham or Whole Grain Crackers
- Nuts (peanuts, walnuts, almonds, sunflower or pumpkin seeds)
- Small Bottles of Gatorade, PowerAde, Fruit Juice or Chocolate Milk (*low fat*)
- Bottled Water