Kick Athletics

FREE · PRINT IT OR TEXT IT TO YOUR TEAM

Team Snack Sheet

One simple plan so every family knows what to bring, how much, and when. Hand it out at the first practice.

THE RULE FOR SNACK WEEK

Bring one item from each box below for every player, plus 3 extras. Water is the drink.

1 FRUIT · PICK ONE

- 1 clementine, or orange slices (about half an orange)
- Half to 1 banana
- 1 cup of grapes or watermelon (halve grapes for players under 5)
- 1 applesauce pouch

2 CARB · PICK ONE

- 1 small bag of pretzels (about 1 oz)
- 1 plain mini bagel
- 2 graham cracker sheets or 2 fig bars
- 1 nut-free granola bar

3 PROTEIN · PICK ONE

- 1 cheese stick
- 1 yogurt tube (frozen ones thaw by the final whistle)
- 1 single-serve milk or chocolate milk (8 oz), kept cold
- 1 turkey or beef stick

Portions are per player. Under 8: the smaller end. Middle school and up: a full banana or a second carb.

WHEN TO HAND IT OUT

- **Halftime:** water first. Orange slices if your league does halftime fruit. Keep it light so stomachs are ready for the second half.
- **After the game:** hand out the snack in the post-game huddle. The first 30 to 60 minutes after playing is the best time to refuel.
- **Tournament days:** between games, a small carb + fruit + water. Save the bigger snack for after the last game.

DRINKS

- Every player brings their own full water bottle.
- Sports drinks are for long, hot days and tournaments, not a 1-hour game.
- Skip juice pouches, soda and energy drinks.

SKIP THESE AS THE SNACK

- Donuts, cookies and cupcakes
- Chips as the main item, and candy
- Anything with nuts, unless every family has said OK

EASIEST SNACK WEEK

Clementines + cheese sticks + small pretzel bags. Nut-free, kid-approved and easy on the budget. (Swap the cheese if the team has a dairy allergy.)

ALLERGY-FRIENDLY SWAPS

Nuts / peanuts	Fruit, pretzels and nut-free granola bars. Read the "may contain" line: many bars are made near nuts.
Dairy	Turkey sticks or roasted chickpea snack packs instead of cheese, yogurt or milk.
Gluten	Rice cakes and gluten-free pretzels or crackers instead of bagels, pretzels or graham crackers.
Sesame / egg	Plain mini bagels only (skip sesame and "everything"). Check labels on any bakery item.

Before the first game: ask the coach or team parent for the allergy list and write it on page 2. Store-bought, individually wrapped items with labels are safest. Never send homemade food if a player has a severe allergy.

YOUR ATHLETE'S OWN GAME-DAY PLAN, FREE

How much should your kid eat and drink on game day?

Scan the code or visit **kickathletics.com** for the free 2-minute quiz. It builds carb, protein and water targets from your athlete's sport, weight and schedule.

Keep cold items on ice. Toss perishables out of the cooler for more than 2 hours (1 hour above 90°F). Bring a trash bag.

Educational only, not medical advice. For allergies or medical conditions, follow each family's and their doctor's guidance. · kickathletics.com/team-snack-sheet

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Season Snack Rotation

One family per game. Fill it in at the first practice, then snap a photo and text it to the team.

Team _____ **Season** _____ **Team parent** _____

TEAM ALLERGY NOTES (NO NAMES NEEDED)

Date	Game time and place	Family bringing snacks	Ice needed?	Done
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Snack week reminder: 1 fruit + 1 carb + 1 protein per player, plus 3 extras. Water to drink. No nuts.

Need another copy for the team? Scan the code or go to kickathletics.com/team-snack-sheet

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