



HEALTHY GAME DAY REWARDS

As a coach, it's important to promote healthy eating and drinking in your players. Here are some ideas for game day rewards that will help keep kids from loading up on unhealthy food and drink after the game:

Re-usable water bottle

Goodie bag with healthy snacks

Canteen voucher for healthy options

Sport equipment voucher

Pass to a trampoline park/ local pool or rock climbing

