



HEALTHY HALFTIME SNACKS

Encourage your players to eat healthy and enhance their performance with these healthy halftime snacks. Remind them to choose water to drink.

Fruit

Have it fresh, frozen or tinned in natural juice. Fruit gives kids a boost of healthy sugar with all the natural goodness and fibre.

Veggie sticks

A great way to get kids to add more veg in! Cut up carrot, celery or any other veg they like!

Something more substantial

If they need it, provide kids with a healthy sandwich with lean meat and as many veg as you can fit.

Remember,
water is the best
drink choice

