Plan, Prepare and Pack

- Plan meals, snacks and drinks ahead of time.
- Use a cooler or insulated lunch kit and ice pack to keep foods from spoiling.
- Pack extra refillable water bottles, napkins and cutlery.

Plan Ahead with Packable Food

On the Go Meal and Snack Ideas

- Leftovers
- Sub sandwiches, wraps or pitas
- Bread, buns or bagels
- Nut/seed butters
- Lower fat cheese
- Sliced lean cooked meats
- Canned tuna or salmon in water
- Instant plain oatmeal (thermos)
- Pre-cut and portioned fruit and vegetables
- Ready made at home smoothies
- Mixed dried fruit
- Granola bars
- Dry cereal
- Yogurt parfaits
- Boiled eggs
- Hummus
- Trail mix

Trial Ahead of Time

- New foods may cause stomach upset.
- It is best to try out new foods during practices rather than during games, competitions or events.
- Check out the food options at the tournament before you leave—then you will know what to pack!

Best to Avoid

- Cheeseburgers
- French fries, chips, deep fried foods
- Ice cream, chocolate, and candies
- High fat meats and cheese
- Sugar sweetened drinks (iced tea, pop)

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