

## SNACK SUGGESTIONS:

Playing soccer is an ideal way for children to have fun while keeping fit. Participation in sports helps keep kids strong and healthy. Along with physical exercise, however, nutritious food choices are crucial in promoting good health.

Every soccer parent will be asked, at one time or another, to bring snacks for members of a team.

- We ask that all parents **avoid** bringing snacks that are high in sugar or saturated fats.
- Half-time snacks should be fruit, such as apples, oranges, grapes, or bananas.
- For after the game, **please refrain from bringing** candy, cookies, snack cakes, or juices with added sugar.
- Better choices are pretzels, trail mix, or crackers with peanut butter or cheese.
- Always make sure your child has a bottle of water available during and after practices and games.

The following website gives some great suggestions for healthier snacks.

**[www.cspinet.org/healthysnacks](http://www.cspinet.org/healthysnacks)**

Please help MSA in providing young soccer players with a fun and healthy soccer experience!

**Thank you!**