

# Choose to Boost Veggies & Fruit

Give junk food the boot.  
Choose veggies & fruit!

Pledge to bring back  
healthy sideline snacks!

## Helpful Tips

Distributed by:



- ◆ Parents, life is busy enough! Snacks don't need to be fancy.
- ◆ Have the vegetables or fruit washed and ready to grab and eat.
- ◆ Use snack sized baggies or small paper cups for portioning your snack.
- ◆ Pack in a cooler or container with ice packs to keep cool.

## Healthy Snack Ideas

Apples	Peaches	Sugar snaps	Carrots
Oranges	Cantaloupe	Mango	Peppers
Watermelon	Strawberries	Cucumbers	Celery
Grapes	Blueberries	Cherry Tomatoes	Honey Dew
Cherries	Blackberries	Clementines	Melon
Kiwi	Bananas	Plums	Cucumber
Pears	Pineapple	Nectarines	Apricots



My Scheduled Snack Day(s) are: \_\_\_\_\_

\_\_\_\_\_

# Water Does Wonders!

Drinking water is the way to

**GO!**



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Approximately 20 to 25% of daily water intake comes from foods such as vegetables and fruit. Choosing vegetables and fruit for sideline snacks keeps kids hydrated and gives them energy to play.

Look at how hydrating these veggies and fruit are!

- ◆ Watermelon – 92% is water
- ◆ Celery – 95% is water
- ◆ Cucumbers – 96% is water



Sports drinks are rarely necessary for children involved in minor sports. Kids need to drink lots of water before, during, and after being active, especially in hot and humid weather.

**A good goal is to drink ½ to 2 cups of water every 15 to 20 minutes of activity.**