

# “Produce an Athlete” Snack Suggestions

Youth sports practice and game events are great opportunities to include fruits and vegetables. There are endless and creative ways to include a diversity of flavors, colors and textures. Presentation modes, offering choices and role modeling by coaches and parents can help to “produce” youth sports athletes.

Please always follow safe food handling suggestions ... refer to safe food handling checklists and newsletter leaflets.

The following are examples ...

## Combination Ideas for after the Game

- sweet bread tuna sandwiches, 1% or skim chocolate milk, banana or apple
- hard pretzels and fruit
- soft pretzels and fruit (\*\*link to soft pretzels recipe in recipes section \*\*)
- peanut butter sandwiches and fruit
- popcorn and fruit
- animal crackers and fruit
- trail mix and fruit
- baked chips, salsa and fruit
- small boxed cereal (with or without milk) and fruit
- pudding and fruit
- flavored gelatins and fruit
- yogurt and fruit
- tortilla chips and fruit salsas
- cookies and fruit

## Water- The Basic Nutrient

- Chilled bottled water
- Chilled lemon water
- Chilled lime water
- Frozen water “iced cakes”

## Fruits- Chilled fresh, frozen, canned/whole, peeled, sliced, cubed, fruit cocktail

- |           |                   |                  |
|-----------|-------------------|------------------|
| - acerola |                   | - surinam cherry |
| - apple   |                   | - tangerine      |
| - apricot | - persimmon       | - watermelon     |
| - banana  | - pineapple       |                  |
| - orange  | - pommelo (jabon) | - honeydew melon |
| - papaya  | - star fruit (5   | - cantaloupe     |
| - peach   | fingers;          | - kiwi           |
| - plum    | carambola)        | - lychee         |

- mango
- chirimoya
- dried fruit and cereal (example: Kix and dried cranberries/cherries/raisins)
- frozen fruit pieces or frozen whole fruit (examples: drain canned fruit, lay on tray, freeze; peel oranges, freeze whole; peel bananas, dip in orange juice, freeze whole)
- “bottled/canned/boxed” 100% fruit juices
- 100 % juice “iced cakes” (example: 1 can 100% frozen juice concentrate with 1½ - 2 cans water ... freeze in small paper cups)
- fruit “sandwiches”: bread/rolls/peanut butter/sliced fruits; cinnamon optional
- bananas, mangoes, papayas and other fruits “marinated in 1) skim milk and coconut flavoring, 2) orange juice and almond flavoring, 3) pineapple juice and coconut flavoring, 4) evaporated skim milk and almond flavoring ... also good as frozen fruit cocktails
- any of the above with: flavored yogurts, pina colada sauce (\*\*\*) link to recipe in recipes section (\*\*\*)
- grapefruit
- grape
- cherry

## Vegetables- Chilled fresh, frozen, canned/ whole, peeled, sliced, cubed, vegetable cocktail

- cabbage slaws with fruit
- vegetable sticks with dips (see recipes section)
- pumpkin chunks
- somen salads
- pasta salads (use local ethnic pastas like saimin, somen, pansit, etc.)
- tomato salsas with vegetable chunks
- potato chunks with dips
- peanut butter rolled in manoa lettuce leaves
- tomatoes, green onions and round onions lomi-lomi style

## Prepared Recipes

- pina colada sauce
- soft pretzels
- peanut butter cookies
- oatmeal cookies
- salsa
- apple turnovers