

Soccer Snack Post Follow Up

by *Kiran Dodeja Smith* on behalf of **100 Days of Real Food**

Many people have inquired about the initial email that I sent to our soccer association to hopefully help change the snack policy. As luck would have it, I met the Recreational Team Coordinator last year while chatting with other parents. So I simply sent the following email to her, sharing the post:

Hi Abby,

I believe that we met last soccer season. One of my kids played U8.

Anyhow - would love for you to share this article with your team: <http://www.100daysofrealfood.com/2014/03/04/kids-dont-need-snacks-recreational-sports/>

I know not everyone may be on board, but perhaps we could come up with a list of "healthy" suggestions?

Just a thought; I appreciate your consideration!

Warm regards,

Kiran

Within 2 hours (no joke), I received an email directly from their Director of Recreation with his support. I then created the following for them to send out to their coaches (150+) and families (1400+), which read as follows:

Thank you for being a part of Charlotte Soccer Academy! One of our many goals (pardon the pun) is to ensure that kids are properly refueled and hydrated during and after their games.

CSA suggests cut oranges and water during the game.

Snacks given after each game are optional and not necessary. The focus need not be on the snacks given afterwards, but the game itself, the team efforts, and the camaraderie each gains during play.

In the case that your team decides to incorporate a snack rotation, we have a list of suggestions for you below. Please remember that while packaged snacks can be convenient, they won't provide adequate nutritional replenishment needed.

Whole Food Snacks

- Carrot sticks (in baggies)
- Apple slices (in baggies)
- Mini apples
- Whole-wheat pretzels
- Lara Bars
- Dried whole grain cereal
- Bananas
- Squeezable applesauces
- Unsweetened applesauce cups
- Dried dates (in baggies)
- Strawberries (whole, with tops cut off, in baggies)
- Oranges
- Bags of homemade popcorn
- Small bag of almonds (Trader Joe's has these - not suitable for those with allergies)
- Raisins

*** If you would like to provide a drink, please bring water as opposed to other juices/Gatorade/Powerade

So my suggestion to you: ask. It needn't be long; it needn't be formal. Simply bring their attention to the issue and ask that they consider it. I honestly didn't think that the reaction would be that quick or that embracing – but it really proves that you just never know until you try.

Good luck!!!