

# Nutritious Options for Events



## Here's how to create a healthier food environment:

### Are the following available?

- vegetables and fruits (fresh, frozen or canned), whole grain foods such as breads, cereals, crackers, etc
- protein foods such as beans, peas, lentils, white milk, yogurt or cheese
- plain water

### Display and promote healthy food and beverage choices by:

- Placing in eye appealing baskets
- Plan a “Healthy Option” launch to get the message out
- Ensure healthy choices are visible
- Share your healthy options on social media
- Ask athletes what they want to see!

## Healthy Food and Beverage Options

- Fresh fruit placed in baskets
- Fruit cups or canned fruit (packed in water or light syrup)
- Berries, yogurt and granola
- Fruit smoothies
- Vegetables with dip
- Yogurt Tubes
- Whole grain crackers with string cheese (100% real cheese)
- Granola bars (not chocolate or yogurt dipped)
- Plain popcorn
- White milk
- Whole grain muffins
- Roasted chickpeas, pumpkin seeds

### Try not to serve foods and beverages high in saturated fat, sugars or salt such as:

- Cakes, croissants
- doughnuts, pastries,
- cookies and pies
- Potato chips, nachos, and other salty snacks
- Fried foods
- Chocolate, candy and bars
- Ice Cream
- Soda Pop, sport drinks, energy drinks, juice
- Processed fruit snacks (fruit leathers and gummies)
- Processed meats (Bacon, pepperoni)