

## NJBD Food 101

**Your main job is to ensure that we have plenty of healthy food options for the players and coaches at tournaments.** We do not have food tables at home matches and most trimatches (3 teams at a playdate).

First thing, reach out to the parents and see if there are truly any food allergies on the team. For example, If the girls should just avoid food with peanuts, then we just need to make a little note card on items that contain nuts (ask parents to notify you if an item is home made of what the ingredients are). If on the other hand, we truly have a situation where a player can't come in contact with the food item then we need to ban it from the food table. Please be sure to send an email to the parents and state why we have to ban the item (do not name player in the email). If a parent has a picky eater they can pack their player snacks, but are still required to donate to the food tables. They can request to donate items that their player will eat.

### **Guidelines for NJBD Volleyball Meals**

Portions may be kept small (such as 1/2 sandwich per person + some extras) as this should be a light meal.

- Provide enough for the coaches and 12-25 players (will depend if the tournament is collocated or if A & B are at separate locations).
- Please arrive at the matches 30 minutes ahead of time. You will be in charge of set up and clean up.
- Please have a small table in your car available should the facility not have one available for us to use)

### **Supplies and Menu Ideas**

- Gatorade 1-2 per player (low calorie options)
- Deli sandwiches (preferably whole wheat), condiments on the side OR chick-fil-a nuggets platters (only Chick-Fil-A please). No other fried foods on the table please.
- Ice Cold water (gallons are make it easy for the players to refill their own water bottles)
- Fruit (Fruit kabobs are a huge hit)
- Granola or energy bars for girls' bags (please, aim for something lower in sugar and higher in protein)
- Healthy muffins/Breads can contain fruit - should be made with some whole wheat/wheat germ etc.. to sustain energy
- Yogurt
- Chips
- Fruit Gummies
- Supplies: paper plates, napkins, cups, forks and maybe a few knives or spoons.
- Optional for early game starts- coffee and cream for parents(Dunkin Donuts has a Box of Joe that is good) I am happy to provide for the first tournament)
- Table decorations, table cloth, team display board, etc. (coordinator with the volunteer signed up for this role)

**Please, do not provide sweets, candy or desserts. If there is a birthday or a celebration of some kind please wait until the last game of the day to serve any treats. We want their energy levels consistent for the game!**