

Healthy Choices for School Sporting Event Canteens

What children and youth choose to eat depends largely on what choices are available. School sporting events provide unique opportunities for young athletes and student spectators to choose healthy food and beverages. Let's make a difference by making sure school sporting events are junk-food free and offer only healthy choices.

Are you short on time? Try:

- Fruit cups (packed in water or juice)
- Fruit sauce
- Clementines, mandarins or bananas
- Pretzels or whole wheat crackers done up in individual bags
- Boxes of raisins
- Whole wheat bagels served with cream cheese
- Whole grain granola bars (not chocolate covered)
- Cheese strings
- Yogurt tubes (can be served frozen)
- Individual milk cartons
- Bottled water (Recycling bottles can be an additional fundraiser)

Do you have some time to prepare? Try:

- Fruit smoothies (made with frozen berries, yogurt and milk)
- Fruit and yogurt parfaits (add frozen berries and vanilla yogurt to plastic cups. Can be made the day before)
- Homemade blueberry muffins
- Homemade soup or chili (leftovers can be frozen)
- Whole wheat mac and cheese (leftovers can be frozen)
- Whole wheat wraps made with lean meat, lettuce, and cheese
- Tortilla roll-ups (mix cream cheese, salsa and shredded cheese in bowl. Spread mixture on whole wheat tortilla and roll-up. Cut into 1-inch pieces)
- Quick pasta salad - toss whole grain pasta with assorted vegetables and a small amount of italian dressing (can be made the day before).
- Grilled cheeses (made with whole wheat bread and hard cheese)



Tip

Approaching a local grocery store or business (e.g. Subway) for food donations or sponsorships can help offset the cost of some menu items. Businesses are keen to support healthy eating initiatives for youth in their community.

For more canteen ideas for your next sporting event, visit www.recreationnl.com/eat-great-participate or contact Eat Great and Participate's Registered Dietitian at stephanieobrien@gov.nl.ca or (709) 729-4432.