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Team Snack Schedule

Fill in the whole season at once. For our team families only: please don't post this sheet publicly.

Team: _____ **Season:** _____

Coach: _____ **Team parent:** _____

Contact the team parent through the team chat or app. No phone numbers on this sheet.

Our team's snack rules

Our own choices, agreed by our team

1. Every player brings a full, labeled water bottle.
2. Shared snacks are store-bought and single-serve, in their original package. Packaged isn't the same as allergen-free: read the label every time.
3. Foods our team leaves out (agreed with the families involved, no names):

   _____

   Not sure? Ask the team parent about agreed food restrictions.
4. Young children and little siblings: no whole grapes, popcorn or nuts in shared snacks.
5. Snack time happens sitting down, away from the goals.
6. Can't make your week? Swap with another family and tell the team parent.

From the experts

What official guidance recommends

- **U.S. Soccer:** unlimited access to water. On hot days: shade, more breaks, a shorter session. Suspected exertional heat stroke: call 911.
- **FDA:** wash fruit before cutting it. Cut fruit and other perishables stay in a cooler at 40°F or below. Once served, no more than 2 hours out (1 hour above 90°F), then throw it out.
- **AAP:** keep high-risk foods like whole grapes, popcorn and nuts from children until 4 or older, depending on each child's development. Kids sit down to eat.
- **CDC (school guidance):** no trading or sharing food. Follow each child's emergency plan; call 911 for a suspected severe allergic reaction, or whenever epinephrine is given.

Date	Game time and field	Snack family	Water backup	Swapped with

Snack family: write "the ___ family," not a child's name.

A guide, not a rulebook: your league's rules and safety policies come first. If you hear thunder, stop and get everyone to shelter before packing up. Snack ideas, allergies and choking basics: kick-zone.com/soccer-snack-ideas/. Free to print and share.

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Snack Ideas That Work

Simple, easy to hand out, easy for the next family to repeat. A starting point, not a menu that suits every child.

Snack	Why it works	Good to know
Orange slices	The classic halftime snack: quick to eat, easy to share out	Wash before cutting; once cut, it goes in the cooler
Whole clementines	Kids peel their own	Nothing to keep cold until they're peeled
Bananas, halved	No prep beyond a knife	Hand them out right before eating
Watermelon or other cut fruit	Refreshing on a hot day	Perishable once cut: cooler, then no more than 2 hours out (1 hour above 90°F)
Single-serve crackers or pretzels	Shelf-stable and labeled	Read the label every time
Applesauce pouches	No cutting, no mess	Check the label like any packaged snack
Yogurt tubes	Easy to eat	Keep them cold until snack time

Not for a shared snack table

Whole grapes, popcorn and nuts. Young children and little siblings are often right there, and the AAP lists them among foods to keep from children until 4 years of age or older, depending on each child's development.

Every time

- Water first: every player brings a full, labeled bottle.
- Packaged isn't the same as allergen-free: read the label every time.
- Single-serve packs stay in their original package, so the label can be checked.
- Kids sit down to eat. No trading or sharing food.
