

Selling Food and Beverages at School Sporting Events



Provide healthy hydration:



- Suggest that students bring refillable water bottles to drink fluids before, during and after activity and play.
- Make water accessible to students at all times.
- Offer **at least 50%** of fluids from the *Sell Most* beverage category such as water, carbonated water, plain milk and unflavoured fortified soy beverage.
- Offer **up to 50%** of fluids as *Sell Sometimes* beverage category options such such as 100% fruit and vegetable juices and reduced sugar chocolate milk.
- Before offering beverages such as sports drinks, consult the Nutrient Criteria for “Other Beverages”.

Signs of Dehydration

- | | |
|-----------------------|---------------|
| • Cramping | • Headache |
| • Hard to concentrate | • Dizziness |
| • Dry Mouth | • Goosebumps |
| • Looking flushed | • Nausea |
| • Weakness, Fatigue | • Feeling hot |



FOOD FOR THOUGHT

Water is the best choice to satisfy thirst. Good hydration helps students feel energetic and alert.

Provide healthy meals and snacks:

- Choose whole and fresh food such as fresh fruit, whole grain bagels and nuts/seeds, to fuel and refuel instead of “sports food” such as protein/sports bars, sports drinks, gels and meal replacements.
- Only offer food and beverage items at sporting events with real food ingredients like oats, brown rice, dried fruit, nuts and seeds.
- Offer carbohydrate-rich meals and snacks made with whole grains, fresh fruit and vegetables and low-fat milk products. Carbohydrates are the main source of energy for all sports.
- Follow the Guidelines by offering at least 50% of prepackaged meal and snack options from the *Sell Most* and the rest from the *Sell Sometimes* categories.

- Make food labels available and visible so that students and parents can easily see if there are potential allergies/intolerances or conflicts with religious or food preferences.
- Consult with someone who is [Food Safe](#) certified to make sure the proper precautions are taken.
- Choose to sell food that is lower in sugar, sodium and fat from each of the [four food groups](#).
- Offer meals 2 to 4 hours before activity and snacks 1 to 2 hours before sporting events for optimal health and performance.

Examples of Healthy Snacks for School Sporting Events

• Trail mix made with nuts, seeds and dried fruit	• Fresh green salad with grilled chicken
• Mixed bean salad	• Fruit salad cup with water or 100% fruit juice
• Whole grain toast with peanut/almond butter	• Lean meat on ½ a whole grain bun
• Whole grain crackers with cheese	• Homemade smoothie made with plain yogurt, milk and fresh fruit
• Whole grain cereal bar with milk or plain yogurt	• ½ bagel with cheese

Act to support healthy eating:

- Involve students in choosing which food and drinks should be sold at sporting events from the *Sell Most* and *Sell Sometimes* categories.
- Offer *Sell Most food* and beverage items at a lower price than the *Sell Sometimes* items.

Where Can We Find Out More?

- HealthLink BC: www.HealthLinkBC.ca
 - Speak to a Dietitian by dialing **8-1-1** or [Email a HealthLinkBC Dietitian](#)
 - [HealthLinkBC File #109 Energy Drinks](#)
- Food Safe Program: www.foodsafe.ca
- Food Safe Certification (online food safety course): www.health.gov.bc.ca/protect/food-safety-courses.html
- Eating Well with Canada's Food Guide: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

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