



Dear Parents,

RE: Healthy snacks and drinks for our team!

Do you remember the refreshing orange slices we all ate on the sidelines as kids? Let's bring them back!

Children today are eating more salty and sugary snacks than ever before. We sign our kids up for sports to keep them active and healthy, but chips, cookies, jumbo slurpees and sugary drinks such as sports drinks handed out after the games aren't in line with that goal.

To support your team, our league and coaches ask that you help us to follow a 'healthy snacks and water only' policy. It's easy! You send a **full reusable water bottle** (or two for really hot days) with your child to every practice and game. Each parent that wishes to participate takes a turn providing a **healthy snack** for the team according to a snack schedule (**for ideas, see the 'Play Your Best Game' healthy snacks and smart sipping guide**).

If you don't think your child will eat the snack or if you feel they need something more after the game, please bring your own personal snack.

Please join us in supporting healthy eating and smart sipping on the team. We are looking forward to having a fun and healthy season. Thank you for your support and cooperation.

Respectfully,

Thunder Baseball Board of Directors



PLAY YOUR BEST GAME

To support our team’s goal of healthy and strong athletes, here are some ideas for nourishing snacks and refreshing drinks to keep our kids energized. It’s easy!

HEALTHY SNACKS

If providing snacks, have them washed and ready to grab and eat.

- ◆ Clementines
- ◆ Apricots
- ◆ Cherries
- ◆ Whole-wheat pretzels
- ◆ Nectarine, peach, or apple slices
- ◆ Orange slices
- ◆ Bananas slices
- ◆ Fruit kabobs
- ◆ Carrot sticks
- ◆ Mixed berries
- ◆ Melon slices
- ◆ Grapes



SMART SIPPING

Bring a full, refillable water bottle (or two) to every practice and game.

- ◆ Add lemon, cucumber, or mint to your water
- ◆ Include slices of your favorite fruit in your water bottle
- ◆ Put 100% fruit juice or slices of fruit into ice cube trays to make fruity ice cubes
- ◆ Add a splash of your favorite 100% juice to your water

HOW MUCH WATER DOES MY CHILD NEED?

Base Ounces

1. Take the number of your child’s current body weight and divide it by 2 (e.g., If your child weighs 80 pounds, $80/2 = 40$ ounces of water).

Body weight (lbs) _____ / 2 = _____ base ounces of water

Additional Ounces

2. Think about your child’s activity level. We sweat and lose water while exercising, so we need to make up for the lost water. Add 12 ounces of water for every 30 minutes of exercise per day (e.g., Add 24 ounces for 60 minutes of exercise).

Number of minutes of exercise _____ / 30 = _____ x 12 = _____ additional ounces of water

Total Ounces

3. Add the base ounces and additional ounces for the total ounces of water your child’s body needs in a day.

Base ounces _____ + additional ounces _____ = _____ TOTAL ounces of water your body needs per day

Take the Healthy Hydration Pledge to drink less sugar and more water. For more smart sipping ideas and information, see the [drink recipe cards](#) or visit [Hidden-Sugar.org](#).



Healthy Beverage
PARTNERSHIP
BUILDING HEALTHY COMMUNITIES TOGETHER