

HEALTHY SNACK CHOICES FOR THE BUS

We will be stopping for meals during the trip so ensure that each athlete has some money with them to purchase their own food.

Each athlete is encouraged to pack healthy snacks for both travel days (August 1st and 2nd).

A bagged breakfast will be provided on August 2nd when we stop in Kamloops, BC

No nuts will be allowed on the bus due to food allergies

Healthy Snacks:

- Granola bars- without nuts and seeds
- Cereal Bars- without nuts and seeds
- Bagels
- Buns
- Breads, Bread sticks
- Dry Cereals- without nuts and seeds
- Crackers
- Cookies-without nuts and seeds (examples: animal crackers, graham crackers)
- Drink boxes (lemonade, fruit punch....)
- Sports Drinks (Gatorade and PowerAde)
- Gatorade Powder (sealed canister)- have for during your sport competition
- Fresh fruit (apples, bananas, oranges)
- Dried fruit bars
- Fruit cups, applesauce
- Muffins (no nuts or seeds)

Food Service During The Competition:

According to the NAIG 2008 information package, only breakfast and supper will be provided on a daily basis for the athletes.

The meals are buffet-style

Breakfast will consist of: eggs, bacon or sausage, cereals, hot cereals, yogurts, muffins, fresh fruit, assorted juices, milk, water, etc. (Hours of operation: 6:30am-10:30am)

Supper will consist of: chicken, beef, steak, pasta, vegetables, fresh fruit, assorted juices, etc. (Hours of operation: 4:30pm- 8:30pm)

There are also food choices on the menu if you have specific food allergies

Snack lunches will be available for the athletes to take with them to the sports venue (granola bars, fruit, juice boxes, muffins)