



Dear Parents,

We know that a lot of times kids enjoy a snack after their game. Here at the YMCA we want to promote a healthy lifestyle and with that, better food choices. Here is a list of healthy snacks that the YMCA encourages you to bring for your children after their game.

Thank you,  
YMCA Sports Staff

FOOD

Granola Bars

Cereal Bars

Nutrigrain Bars

Raisins

Apples

Bananas

Fruit Cups

Wheat Thins

Sun Chips

DRINKS

Water

100% Fruit Juice