

## PCS Snack Suggestions

Parents bringing snacks to our games are very much appreciated. Below are a few guidelines to make our snacks even more beneficial to our students.

### **Things to bring:**

**Water** (especially for away games where opposing schools often do not allow colored drinks inside the gym)

**Fruit** (orange and apple slices are especially good, bananas are also good to eat after games)

**Lunch Meat** (a little protein is good, but no ham please)

### **Things to avoid:**

Sugars (candy, chocolate, sugary drinks—which includes high-fructose corn syrup)

Dairy products

### **Miscellaneous Items:**

If Gatorade is purchased, it is best in small containers. It is not meant to be consumed in large quantities.

Many drinks are wasted because students don't remember which is theirs. If waters or drinks could have initials marked on them with a Sharpie it would help a lot.

Thanks very much,

Jeremiah Wisner, AD