

CENTERVILLE TEAM FOOD

Nutrition is a key element to the physical preparation of wrestling, and must continue during tournaments & matches. The coaches want our wrestlers to eat low fat, high quality food. Our team fees help pay for food during these tournaments, and we ask our parents to help purchase, prepare, transport and serve this food at the events. *(Please note that there is no team food provided at dual meets, so the wrestlers are expected to bring their own food for these meets—please don't plan for your child to eat from the concession stands, as some duals don't even have open concession stands and those that do are probably serving food that is probably not the best for their performance.)*

Team Food Tote Boxes

Each team (Varsity, Junior Varsity & Freshman) has a Team Food tote box, as well as crock pot & food cooler. Please check stock after your date, and then pass tote box & supplies to next person signed up.

Tote Box contents:

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| Extension cord | Plastic wrap & foil |
| Centerville sign | Can opener |
| Salt & pepper | Serving utensils: large slotted serving spoon, |
| Anti-bacterial wipes | tongs, ladle, large serving spoon, spatula |
| Hand Sanitizer | Mayo & mustard packets |
| Paper towels | Peanut Butter |
| Disposable table ware: bowls, dinner plates, | Grape Jelly |
| small plates, cups, forks, spoons, knives | Non-perishable snacks: granola bars, |
| Disposable food serving gloves | pretzels/chips (sun chips or baked chips), |
| Napkins | trail mix, fruit snacks, peanut butter/cheese |
| Bags – trash, gallon, sandwich & snack | crackers, goldfish packs, oatmeal/soup |
| | packets/cups (need hot water & thermos) |

Team Food Budget Guidelines (by person):

\$10 for 3 meal event (all day and/or overnight) (1-2 hot, 1-2 brown bag)

\$6 for 2 meal event (1 hot, 1 brown bag)

\$4 for 1 meal event (brown bag)

Meal Expectations

- Varsity – at all-day tournaments, at least 1 hot meal – No food can be sent on the bus with the boys
- JV & Freshman – all brown bag meals – Brown bags can be sent on the bus with the boys

Meal Schedule – 1 hour windows for each meal (coach or coordinator will inform you – stay in touch with them)

Breakfast – immediately after weigh-ins for 1 hour

Set out snacks for the day – not all the snacks – 1-2 per wrestler per day (example, bowl of clementines, box of granola bars)

Drinks should be provided by the wrestlers, we are not providing drinks

Brown bag schools/events – no hot food, no electric

Versailles, Butler, Dayton Holiday

MEAL SUGGESTIONS

Breakfast Ideas (choose 2)

hard-boiled eggs
pancakes – no butter, light syrup (Oatmeal Banana pancakes*)
oatmeal - instant or in a crock pot
bagels - cream cheese, jelly, pb
egg mcmuffins, biscuit egg sandwich, individual egg casseroles
mini muffins
fruit
energy bites/oatmeal snacks
dry cereal & milk (skim)
yogurt & add-ins (nuts, granola, mini chocolate chips, fruit)

Brown Bag Lunch or Dinner (choose all)

sandwich/wrap
chips/pretzels/snack item
fruit/veggie

Sandwich Ideas

- PB&J
- Chicken Caesar wrap*
- Ham/Turkey & cheese on buns
- Peanut butter & banana

Hot Lunch or Dinner

Main Items (no pork please) (choose 1)

- Pasta w/meatballs or meat sauce
- Fajita meat w/tortillas, cheese, rice and/or beans
- Pulled chicken w/buns - bbq sauce or plain (option: chicken & noodles)
- Soups (chicken tortilla*, chicken noodle, vegetable)
- Brazilian chicken* w/rice
- Baked potatoes w/toppings (chili (no beans), cheese, low-fat sour cream, bacon bits, steamed broccoli)
- Meatball subs

Sides (choose 1 or 2 depending on main dish)

- Mac & cheese
- Veggies - carrots, celery, bagged salad w/dressing on side
- noodles/pasta
- fruit salad or individuals (fruit cups or fresh: clementines/grapes/berries)
- cheese sticks
- yogurt
- mashed potatoes

**Recipes available on website*

Hints

When buying meat for sandwiches, plan for 3-4 slices of meat & 1-2 slices of cheese per sandwich

When buying meat for bulk meals, plan for ¼ - ½ pound of meat per person (boneless weight!)

Always make the last meal of a 3-meal-day a brown bag meal

Stay away from spicy, heavy and cream-based foods

Try to serve low-fat content

Go light on food for a 2-day tournament (especially if wrestlers have to weigh in on Day 2)

Do not put condiments on food

You can use the cooler for hot foods as well

Keep costs down by shopping at Sam's Aldi's or GFS

The reimbursement form is found on the website (elkswrestling.com) – save your receipts!

Please inform the Team Food Coordinator if supplies are running low.

Food Coordinator responsibilities:

Stock Team tubs with snacks such as: granola bars, chips/pretzels, trail mix, marshmallow treats, oatmeal/soup packets/cups, fruit snacks, peanut butter/cheese crackers, instant oatmeal, instant soup (non-perishables)

stock team tubs with supplies

contact tournament/meet contact to find out if crockpots are allowed or brown bag meet

find out numbers from coach, then contact signed-up parent with this information

make sure all meets/tournaments are covered for food

check with coaches for weigh-in time & break times if scheduled