



MILTON YOUTH SOCCER CLUB TEAM BEVERAGE / SNACK ROTATION LIST

<u>Game #</u>	<u>Date</u>	<u>Time</u>	<u>Field Location</u>	<u>Beverage/Snack Assignment (Name)</u>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

** U4 & U5 season is 12 weeks in length; U6-U18 season is 14 weeks in length

Beverage/Snack Guidelines

Milton Youth Soccer Club is committed to taking all reasonable steps to promote and mentor healthy eating habits and balanced lifestyles to our members. We request that parents/guardians and coaches adhere to the following guidelines when planning their beverage/snack:

- Ensure you bring a beverage and/or snack for each player on the team
- Check for food allergies at the beginning of the season to ensure no players are left out
- Provide a healthy, non-carbonated beverage
- Provide healthy, nut-free snacks
- Notify your coach if you are unable to/decline to provide the beverage/snack on your assigned week

Please note: Participation in the snack/beverage program is voluntary, however all parents/guardians and coaches are encouraged to participate a minimum of once per season.