

HEALTHY HALFTIMES FRUIT ROSTER



TEAM NAME: MANAGER: COACH:

Round	Date	Player	Parent	Phone	Email
1					
2					
3					
4					
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15					

TIPS

HOW MUCH FRUIT? Allow for half an orange, banana or apple per player for a halftime snack. Add a little extra if you are providing post game snack as well.

SHORT ON TIME? Cut fruit the night before and store in the fridge in a sealed container.

STOP SPOILING. For non-citrus fruit, squeeze a lemon over top to stop it going brown.

STAY COOL. Pack fruit in an esky with an ice brick or two.

WHAT ABOUT WASTE? Bring a separate container for kids to put the fruit skins into.

