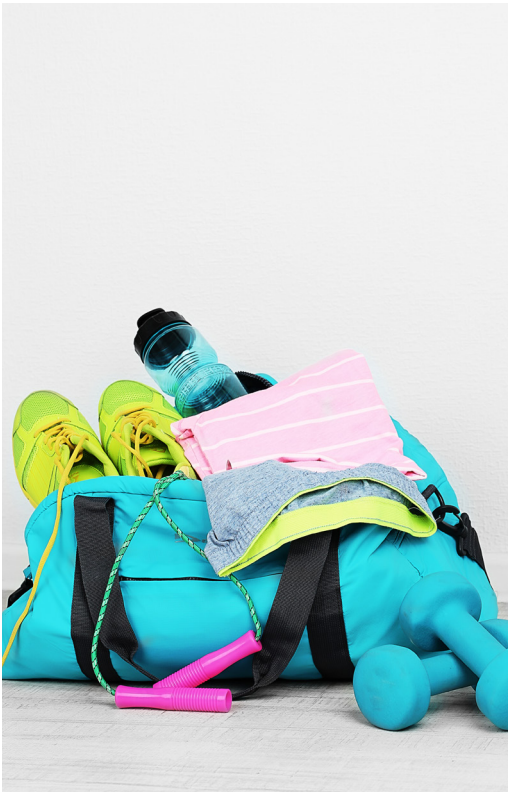


GYM BAG GOODIES

The reality of sports is many snacks have to be thrown into a gym bag and may not be eaten for hours. As long as the food is non-perishable that's fine, but it's important to remember some tips when packing those gym bag goodies!

5 Gym Bag Goodie Tips



1. Pack foods that won't melt and aren't coated
 - » Coated protein bars and energy bites with chocolate chips will likely melt and become a mess you won't eat and potentially cause you to miss a fueling opportunity.
2. Foods that need to be cold or hot don't belong in a gym bag
 - » There is a food safety rule of thumb that says, "Keep cold foods cold and hot foods hot." This means foods like string cheese, yogurt, deli meat, and more should not be left in a gym bag.
3. Pack shelf-stable foods
 - » Shelf-stable implies temperature doesn't matter and won't compromise the safety of the food itself. Foods like nuts and granola bars are great examples.
4. Be sure to pack food in baggies or airtight containers
 - » Foods left out in the open, exposed to air, can spoil and attract bugs. Be sure to put your shelf-stable snacks sealed in baggies or airtight containers to keep them safe and ready to eat.
5. Pack hand sanitizer or wipes
 - » If washing your hands with soap and water is not an option, it is important to use hand sanitizer or wipes before eating to help reduce the spread of germs.

GYM BAG GOODIES

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| Beef jerky | Whole grain granola bars |
| Trail mix | Whole grain crackers, pretzels, & pita chips |
| Nuts | Granola |
| Energy bars with no coating | Peanut butter filled pretzels or crackers |
| Peanut butter to-go cups | Dried fruit |
| Homemade energy bites without chocolate | Popcorn |
| Carbohydrate gu and chews | Water and sports drinks |