

Planning a Food Schedule

Feeding the team during the six week build season:

- 1) Ask local restaurants, businesses and warehouse food stores to donate food early in the season, usually at the beginning of the school year. Many companies want a written information on business letter head, you can create this by using team logo and info. It helps but not a necessity if you have a tax-ID number, ask the parent group from your school or your school if they have one you could use to get donations.
- 2) Talk to the teacher and/or lead mentor at the beginning of December and find out what they would like to do about feeding the team once build season starts. Do they want to feed the kids every day, only on the weekends, do they want lunch and dinner on the weekends? When do they want it to start having meals and when should the food be brought? It is very important to work with them prior to kick off and build season begins.
- 3) After talking with the teacher and lead mentor in early December start coordinating with parents on the team about a feeding schedule. Using and sharing a google spreadsheet works well, parents can add to it, and see what other families are bringing for meals. This helps prevent back to back same meals or too many of the same type of food.

Some easy inexpensive meals for the team are:

- baked potato bar (bring in hot baked potatoes with toppings)
- a pasta bar (cooked pasta with a variety of sauces)
- soups
- hot dogs
- chili
- pancakes are a big hit
- burritos and quesadillas
- Drinks, kids need to stay hydrated be sure they have plenty of beverages.

- 4) Once the schedule is set, and build season begins be sure to send e-mail reminders to the parent who is to feed the team a couple days before hand be sure to let them know the approximate number of students who will be fed. **This could be another parents job.**
- 5) Some parents would rather donate money than cook, that is fine let them donate money for meals, drinks or snacks. . . essentials always come up.

Helping out during competition season:

1) Talk to the teacher and lead mentor about lunch at competition several weeks prior to a competition. For our team we eat together for the most part, we do this for several reasons but the most important ones are:

- we know they are eating a healthy meal
- they can talk about the competition
- and everyone is back from lunch on time.

2) If we are attending a local regional we have found charging \$10.00 per student, per day for meals works well. We set up at every competition a designated eating place this is important because lunch schedule is limited and we do not want them searching for where lunch is set up. Be sure that lunch is set up and ready at least half an hour before the scheduled lunch time.

When we travel to a regional or Championship competition we add all meals into the money we collect for traveling.

Traveling with team

- 1) Talk to the teacher and lead mentor as soon as they announce what events you will be traveling too. Find out how you can help; what do they want your role to be?
- 2) Search on the Internet for restaurants close to the place you are staying, call and make dinner reservations before you arrive (make them for every night). It can be a big problem when traveling with a large number of students, mentors and parents and have no place to eat. Remember you can always cancel once you are there if you want to do something else.
- 3) Search on the Internet prior to your trip for places close to the competition venue to get lunches and or warehouse stores, and grocery store. It's best to be prepared when traveling with a hungry group of kids and mentors. I will place orders for lunches prior to arriving at a competition, especially at championships, by the time you arrive no one is taking lunch orders and you may find yourself scrambling.
- 4) Find out if the mentors and students have any food items they will not eat, and or their favorite drinks or food items. . .they are giving a lot of their time to the team and they need to eat well too.