



# RECOVERY FOOD

Getting the right nutritional balance after a game restores energy levels and reduces fatigue, helping the body to repair muscles and build strength for future games. Proteins, Carbohydrates, and healthful fats are all essential for the body's recovery.

Best to eat a recovery snack within 30 minutes - 1 hour of the end of the game.

## RECOVERY FOOD (OPTIONS)



BANANA (WITH MILK DRINK)

MILK DRINK (UP N GO, PRIMO, SMOOTHIE)



RICE CRACKERS (WITH HUMMUS OR PEANUT BUTTER)



GREEK YOGHURT AND CEREAL



OSM SNACK SIZE BAR

SCROGGIN MIX

NUTBAR



Parents supply their own child with recovery food, as each child will have their own preferences. Please note that the recovery food does not replace meals, but is in addition to.