

# GYM BAG

## Goodies

The reality of sports is that many snacks have to be thrown into a gym bag and may not be eaten for hours. Now, as long as the food is non-perishable that's fine, but it's important to remember some food safety 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 are likely to become a gooey mess if they end up in the heat. If snacks are melted and messy, athletes likely won't eat them, which could make them miss out on 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 foods implies that 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

Beef jerky	Carbohydrate gus and chews
Trail mix	Whole grain crackers, pretzels, and 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	Popcorn
Carbohydrate gus and chews	Water and sports drinks