



NIPPER Fuel for Carnival Day



Keeping pace with your fluid needs

Bring a water bottle to drink throughout the day

Freeze an extra water bottle the night before so it stays cooler for longer throughout a hot day on the beach

A juice popper or small flavoured milk is a good add to water, although water should be your first choice

Quick snacks before and between events

Fruit Yoghurt – Pack 1-2 small tubs or sachets for between events.

½-1 Fruit bun – have it pre-cut and wrapped in alfoil

Muesli bar such as a Carmen’s Classic Fruit and Nut Muesli Bar

1-2 small pikelets with jam

Small container of Trail mix – dried fruit and nuts is a great snack you can nibble on if you have a short break between two races. They outperform lollies!!

A row of rice crackers with hummus or cheese slices

Fruit - Choose 2 of the following:

Piece of fruit such as banana, apple, orange, stone fruit, medium container of watermelon or pineapple slices, small container of grapes, 125g packet of berries.

*If you struggle with an upset tummy before an event, try foods that are lower in fibre, such as grapes, watermelon or a pikelet.

Eating snacks your body is used to eating throughout the week at school may also help.

Foods for recovery at the end of the day

Milk based drinks such as plain milk or flavoured milk (up to 300ml)

Wholegrain Crackers such as SunBites, Cruskits, rice cakes or Vitawheats and low-fat cheddar cheese

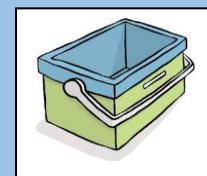
A yoghurt tub with added fruit

Food Safety at the Beach

A full day at a carnival in the hot sun can be hazardous to keeping foods fresh and safe to eat.

Ensure you have an Esky that is well maintained and able to be fully closed with no cracks or openings. Fresh foods such as meats, cheeses, yoghurts, salads and milk-based drinks need to be kept cool to reduce the risk of bacterial growth which could cause food poisoning. Use ice blocks in the bottom of the Esky to keep food cool. If any food has been sitting out for 4 hours or more, put it in the bin.

For more information, visit <http://foodsafety.asn.au/food-safety-on-the-move/>



Let’s Start at Breakfast

Nippers need to start a carnival day with enough energy to perform at their best. This means consuming a healthy breakfast on the morning of the carnival. Options that provide energy from carbohydrates, while providing vitamins, minerals and a small amount of protein include:

- ❖ Bowl of wholegrain cereal with fruit and low-fat milk
- ❖ Fruit and Milk Smoothie (see recipe below)
- ❖ Wholegrain toast with your favourite spread such as honey or peanut butter with sliced banana
- ❖ Fruit salad and yoghurt

If you usually eat a healthy breakfast before school during the week, there is no need to change the foods you choose on a Carnival day, as your body is used to digesting it and using the energy.

Something larger for lunch

½ a wholegrain/whole meal sandwich or a small wrap filled with your choice of lean meat, favorite salad vegetables, low fat spread or avocado.

Medium container of Friday night leftovers such as homemade pasta salad or fried rice.

Medium container of fresh salad with a small can of tuna and a small wholegrain bread roll.



Some foods, while carnival favourites should only be used in small quantities.

Lollies shouldn’t be relied upon as a regular choice between events. Including 4-6 snakes as a snack hits your daily carnival limit!!

Soft drinks are outperformed by water – no space for these at a carnival.

Sports drinks- If adequate food and water are consumed throughout the day there is no need for sports drinks. They may lead to excess consumption of sugar and energy.