



Bright Smiles FC Grocery List

Fuel up before you hit the pitch!

From the sidelines to snack time, these healthy and tasty choices keep kids ready to play and grinning all the way to the goal.

Smart Snacks

- ☐ Fresh fruit (apples, oranges, grapes)
- ☐ Baby carrots or celery sticks with hummus
- ☐ String cheese or yogurt tubes
- ☐ Whole-grain crackers or pita chips
- ☐ Popcorn (lightly salted, no butter)

Hydration Snacks

- ☐ Water (the ultimate smile saver!)
- ☐ Milk or fortified plant-based milk
- ☐ 100% fruit juice boxes (in moderation)

On-the-Go Energy

- ☐ Whole fruit pouches or applesauce
- ☐ Trail mix (nuts, seeds, and raisins)
- ☐ Granola or energy bars (low sugar)
- ☐ Sandwiches on whole-grain bread
- ☐ Mini wraps with turkey or veggies