

Snack Volunteers,

First of all, a big thank you! The students really appreciate these snack bags! You are making **12 snack bags** (more if you signed up for multiple slots) AND delivering them on Tournament day (by front office) at Student Call Time.

What to Include/Not Include

- LABEL EVERY BAG with the Section name (so they get their bags).
- NO NUTS OF ANY KIND -- we have students and adults who are seriously ALLERGIC to peanuts/nut products.
- Nothing perishable, easily squished, or that melts in the heat (bags travel in hot trucks and do not get distributed to students until after they perform, about 9:00pm).
- 4 or 5 snacks items per bag (plus a drink box, not Capri Suns, they leak)
- Consider including something gluten-free (popcorn, tortilla chips)

Suggestions

1. Dried fruit, fruit snacks, fruit leather, fruit roll-ups, apples, cuties, carrot sticks, grapes, raisins
2. Beef jerky, turkey jerky, snack mix *no nuts*
3. Goldfish, popcorn, pretzels, tortilla chips, potato chips, crackers, rice crackers (gluten-free)
4. Pop tarts, Rice Krispies treats, fruit & cereal bar, cookies *no nuts*, granola bars *no nuts*
5. Juice box, flavored water (avoid Capri Suns, they leak)

For Fun

Feel free to decorate the snack bags if you are inclined. It's not required at all, but just a fun KR tradition. Remember to put the Section name on each bag (so they get their snacks).

Now, let the show begin!

Go Knights!