

Snack ideas

20 things for when it is your turn and you have no idea what to get. Nothing here needs cooking.

No prep at all

Clementines	They peel themselves. One bag covers the whole team.
Bananas	Come in their own wrapper. Get them a little green if the game is days away.
Grapes	Wash them the night before. Cut them in half for the little ones.
Pretzels	Get the single-serve bags so you are not handing them out. Usually nut free, but check.
Popcorn	Cheap, and a big bag goes a long way. Skip it for the under-fours.
String cheese	Keep it cold. Goes down well after a late game.
Yogurt tubes	Freeze them the night before and they are still cold at halftime.
Rice cakes	Safe with most allergies. Dull on their own, fine next to fruit.

A little prep

Orange slices	The classic for a reason. Cut them at home and bring a bag for the peels.
Watermelon	Unbeatable when it is hot. Heavy, so bring a cooler.
Apple slices	A squeeze of lemon keeps them from going brown. Bag them per kid.
Carrots and hummus	One tub and a bag of sticks. The kids who like them really like them.
Sandwiches, cut up	Worth it for a long tournament day. Label anything with nuts.

Drinks

Water bottles	The thing everyone forgets. A cooler beats a grocery bag.
Juice boxes	Get the small ones. The big ones end up spilled in the grass.
A jug of lemonade	Cheapest way to cover a crowd. Bring cups, and a bag for them after.

Not food, but just as needed

Cups and napkins	People often forget these!
A cooler	Worth putting on the list as its own item. Someone usually has one.
Trash bags	Two minutes of cleanup instead of twenty. Take the trash with you.
Wet wipes	After watermelon these are not optional. Cheaper in the baby aisle.

Worth knowing

Ask about allergies first	Ask before you plan anything, and write them at the top of whatever list you are using.
Label anything homemade	One line saying what is in it saves every parent asking you.
Split a big day	For a tournament, put two lines down instead of one so two families can share it.
Nut free unless you know	Safest default with a team you do not know well. Read the package.