Chameleon Gymnastics:

Gymnast Snack Policy

What is a good snack for your gymnast?

Healthy Snack Choices

* Fruit: Grapes, Apples, Bananas, etc.
* Granola Bars, Nutrition Bars
* ½ a sandwich
* Crackers, Goldfish, Pretzels
* Cheese Stick
* Vegetables: Carrots, Celery
* Gogurt
* Hummus or Peanut Butter
* Water ONLY

What should I not have for a snack?

Please refrain from sending in the items below for a snack.

* Popcorn (this is rather hard to clean up)
* No nuts with shells (these shells get on the ground and we do have some allergies)
* Cookies, Cake, Brownies
* Chips
* Soda

Additional Notes:

* If your gymnast is eating anything with nuts, they MUST wash their hands immediately after snack prior to touching any equipment.
* Each gymnast is responsible for their own trash. Please remind your gymnast to pick up after themselves.
* Please remind your gymnast to take their water bottle home each night. We have a rather large collection of these items.
* Please check the lost and found for any missing items.