

GAME DAY SNACK CHECKLIST FOR HOCKEY MOMS

QUICK FUEL SNACKS (NO PREP)

- Granola bars
- Trail mix
- Fruit cups / apple slices
- Yogurt tubes
- Cheese strings



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MAKE-AHEAD SNACKS (PREP IN 1 DAY)

- Energy balls
- Mini muffins
- Veggie + dip cups
- Crockpot meatballs (thermos)
- Pasta salad containers

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THERMOS FILLERS

- Soup
- Mac and cheese
- Chili
- Oatmeal (early morning games!)
- Fried Rice

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SNACK BIN STAPLES (NO PREP NEEDED!)

Pantry Picks:

- Granola bars
- Trail mix
- Applesauce pouches
- Crackers or pretzels
- Popcorn bags

Fridge/Freezer:

- Yogurt tubes
- Cheese strings
- Boiled eggs
- Frozen mini muffins

On-the-Go Bag:

- Protein bars
- Dried fruit
- Reusable water bottle

WANT EVEN MORE HELP STAYING ORGANIZED DURING HOCKEY SEASON? CHECK OUT THE FULL HOCKEY MOM GUIDE, MEAL PLAYBOOK OR BUNDLE [HERE!](#)