



Children'sSM
Healthcare of Atlanta



Get Your Concession Stand in Shape

Concession stands are a perfect opportunity to offer nutritious food and drinks to young athletes and their families! Yet standard concession fare—candy, chips, soda, pizza, hot dogs and more candy—doesn't score points for supporting good health.

Think nutritious menus are boring or that your fundraiser will lose steam with healthy choices? Think again! There are many creative ways to shape up your concession stand and still score big with fans. We'll help you add tasty new items, put a nutritious twist on old favorites and limit portion sizes on fried and sugary items.

BY INCLUDING MORE NUTRITIOUS CHOICES BEHIND THE COUNTER, YOU'RE GIVING PARENTS THE OPTION OF CHOOSING BETTER HEALTH FOR THEIR FAMILIES!

Make old favorites more nutritious:

- Use whole wheat buns for burgers and hot dogs.
- Add veggies, like lettuce and tomato, to sandwiches and burgers.
- Offer vegetable pizza and cheese pizza, instead of pepperoni.
- Try turkey burgers or hot dogs.
- Use low-fat mayonnaise, salad dressing and other condiments.
- Use less butter, oil and/or salt on popcorn.
- Consider removing artificial sweeteners, like diet sodas, low-calorie sports drinks, and fruit cups and yogurt with added artificial sweeteners. These are not recommended for kids.

STRONG⁴LIFESM

Reduce portion size:

- Use smaller containers for French fries, popcorn and nachos.
- Offer smaller bags of chips (about 1 oz.).
- Serve smaller candy bars (“fun” size instead of “king” size).
- Cut pizzas into smaller pieces (for example, 8 slices per pizza instead of 6).
- Limit sugary drink portions to 8 oz. cans of soda and 6 oz. 100% juice boxes. Eliminate energy drinks.

Promote healthy choices:

- Price healthy options at or below the cost of traditional foods.
- Make healthy choices more visible. For example, keep the fruit near the ordering window, and the candy out of plain sight.
- Designate healthy choices with a special menu or with a logo on the main menu.

Add these new, good-for-you options:

BEVERAGES

- Bottled water
- Low-fat (1%) or fat-free milk
- Unsweetened tea, hot tea

ENTRÉES

- Baked chicken sandwiches or wraps
- Chicken, turkey or roast beef deli meat sandwiches or wraps
- Salads with baked chicken or deli meat and low-fat dressing

SIDES

- Whole fruit, like apples, bananas and oranges
- Fruit cups packed in water or 100% juice (without artificial sweeteners)
- Side salad
- Fresh veggies, like baby carrots, celery or grape tomatoes, with hummus

SALTY SNACKS

- Nuts, seeds, trail mix (without chocolate)
- String cheese
- Air popped or low-fat popcorn
- Whole grain crackers, pretzels, or rice cakes
- Baked tortilla chips with salsa

SWEET SNACKS

- Frozen grapes
- Low-fat yogurt (without artificial sweeteners)
- Animal crackers, graham crackers or crunchy granola bars

BREAKFAST

- Whole wheat mini bagels with light cream cheese
- Low-fat yogurt (without artificial sweeteners)
- Fruit
- Low-sugar cereal, like toasted oats
- Crunchy granola bars