

## Spring Boat Race Team Food: St John's Prep, BC High at Home - April 21st 1:00p.m

\* Please volunteer to bring some item(s) below and email the selection to:

\* [food@andovercrew.net](mailto:food@andovercrew.net)

This link may not work for you if your email is not setup, just cut the email address and paste it

\* If you would rather make a donation please email for details

\* If you have any suggestions please email us too :-)

\* Pre-race food need to be at the food table ( 1 hour or more before ) especially on away races.

\* Post-race food need to be at the food table by the time races start.

[Check out what rowers should and should not eat and when](#)

## THIS WEEK : BOYS AND GIRLS CREW RACING

Parent Volunteer Needed:

Help at the food table	Kathy	
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Food suggestion for our crew students			
Last Updated: 4/20/2018			
Numbers of students: 100 students			ETA
FOOD ALLERGIES	Please LABEL NUTS	and Gluten Free	
<b>Snacks</b>			
Pretzel Rod	2 x 16 oz	Linda	Pre-race
Gluten Free Rice cakes	6 bags	Victor	Pre-race
Peanut butter fill Pretzel	35 oz barrel	Althea	Pre-race
Chex Mix snack mix	1 x 15 oz bags	Aya	Pre-race
<b>Pre-race</b>			
bagels (assorted ,no raisin)	36	Michele	Pre-race
bagels (plain)	12	Aya	Pre-race
bagels (everything)	12	Aya	Pre-race
Plain cream cheese	2 x 1lb	Michele	Pre-race
peanut butter	2 x 16 oz	Linda	Pre-race
Nutella	1x16 oz	Althea	Post-race
bananas	15 lbs	Michele	Pre-race
Nature Valley (Sweet&salty )	60	Althea	Pre-race
KIND Gluten Free Bar	10	Julia	Pre-race
water	4 dozen	Rosy	Pre-race

<b>Vegetables</b>			
baby carrots	4 lbs	Rosy	Pre-race
celery sticks	12 sticks	Julia	Pre-race
vegetable dip	1 tub	Rosy	Pre-race
<a href="#">vegChili</a>	12 servings	Susan S	Post-race
<b>Proteins</b>			
<a href="#">Sweet Sour Sauce -- World Harbors at Market Basket</a>	6 x 16 oz	Rosy	Post-race
Rotisserie chicken (de-boned -- Buy from Super Market)	5	Kathy	Post-race
Rotisserie chicken (de-boned -- Buy from Super Market)	5	Susanne	Post-race
soft french bread	4 loaves	Susanne	Post-race
<a href="#">Crock pot chilli</a> <a href="#">click for receipe</a>	40 servings	Rosie	Post-race
UnCooked Rice	15 lbs	Jia	Post-race
<b>fruits</b>			
strawberries -- washed	6 lbs	Ivana	Post-race
grapes (washed)	6 lbs	Ivana	Post-race
Clementine	2 bags	Rosy	Post-race
<b>Snacks</b>			
<a href="#">brownies</a> <a href="#">click for receipe</a>	2 trays	Yoriko	Post-race
Choc Chip Cookies	4 Doz	Sonja	Post-race
Choc Chip Cookies	50	Beth	Post-race
Nut Free Banana bread	2 loaves	Rosy	Post-race
<b>drinks</b>			
gatorade 12oz	3 dozen	Mary	Post-race
gatorade 12oz	3 dozen	Mary	Post-race
water	4 dozen	Mary	Post-race
<b>hot drinks for cold days</b>			
hot water black container	1	boathouse	Post-race
hotwater cups	150	Rosy	Post-race

drinking choc	1box of 60 packets	Rosy	Post-race
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