

**Interschols: May 26th 7:00 a.m.at Lake Q, Worcester,MA**

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

\* **food@andovercrew.net**

\* 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.

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

**Check out what rowers should and should not eat and when**

\* If you cannot make to the race and still want to contribute to the food table  
please email for details

**This is a long day out 7 a.m to 6 p.m**

**Thanks for stepping up**

**WE NEED B3 and G3 parents to sign up to help 7.30 a.m**

**1) with table setup**

**2) making of food for the students to take back to the hotel.**

Lower boats will have their 1st races around 8.00 a.m and will be looking for food when they  
come off the water as most of them will have had a very light or no breakfast.

Race order: B3,G3,B2,G2,B1,G1

**According to hotel rules, parents cannot send food to the hotel**

**Parents please pass the following information to your rower.**

The students are responsible for packing their food to take to the hotel.

Action plan for the student:

1) Drink a cup of chocolate milk for fast refuel after the race

2) You need a light meal to refuel before the next race

3) Eat the food as soon as possible so as to refuel within the optimum window ( half hour).
4) Eat and Pick up food and drinks that you like to take to the hotel.
5) Returning from the hotel, you can snack if you like but not too much.
Good Luck on race day
A.M Foods at table by 7.30a.m otherwise we will not have any food for G3 and B3, when they come off the water

	a.m	p.m
Number of Parent Volunteer Needed:	10	6
We need burger chef, please sign up.		
Burgers chef 12p.m ( 2 )	N/A	Jonathan
Burgers chef 3p.m ( 2 )	N/A	OPEN
Photographer	OPEN	OPEN
Pre race 7.30a.m Table setupG3,B3	Juliette,Carrie, Caroline L, Adriana	N/A
scramble egg cook -B3, G3	OPEN	N/A
B2, G2 Parents for 8:30a.m	Susanne, Caroline	N/A
B1, G1 Parents for 10:00a.m	Julia 2x	N/A
B3,G3 parents 1p.m	N/A	OPEN
B2, G2 Parents for 2p.m	N/A	Victor
B1, G1 Parents for 3:00p.m	N/A	OPEN
Clean up at the end all parents	N/A	OPEN

Parents please bring chairs if you want some where to sit on the beach.

Food suggestion for our crew students				
Last Updated:5/24/18 1:56p.m		Away	ETA	Action
54 students				
FOOD ALLERGIES	LABEL NUTS	GLUTEN		
Duplicate tracking				
GF Bun or Roll	6	OPEN	7.30a.m	Make sandwiches
End of Duplication				
1 large cooler+ice	3 x 10 lb	Carrie	7.30a.m	For drinks
1 large cooler+ice	3 x 10 lb	Julia	10.00a.m	For drinks
1 large cooler+ice	3 x 10 lb	Linda	10.00a.m	For drinks
1 large cooler+ice	3 x 10 lb	Michele	12 noon	For drinks
Breakfast for B3, G3			ETA	
<u>Dunkin Donut's box of Joe (coffee) for coach and parents</u>	2	Sophia	7.30a.m	
GF banana bread	1 loaf	Rosy	7.30a.m	Cut and lay out on tray ready for B3/G3
<u>banana bread</u>	1 loaf	Jonathan	7.30a.m	Cut and lay out on tray ready for B3/G3
Assorted muffins for parents	`1 dozen	Sophia	7.30a.m	
Assorted bagels - plain, whole grain,everything, no poppy seed	12	Kim	7.30a.m	Cut and lay out on tray ready for B3/G3
plain cream cheese	2x 1 lb	Kim	7.30a.m	

Peanut butter	1 x 16 oz	Rosy	7.30a.m	
Assorted bagels -plain, everything , no poppy seed	12	Cathy	9.00a.m	Cut and lay out on trays for B2/G2
<b>Sandwiches G3,B3,G2,B2</b>				
<b>Need a team leader to be responsible for making sandwiches</b>		<b>Carrie</b>	7.30a.m	Make sandwiches
turkey - deli cold cuts	3 lbs	Carrie	7.30a.m	Make sandwiches
turkey - deli cold cuts	3 lbs	Carrie	7.30a.m	Individual wrap with
Hellman mayo -- check Gluten Free	2x15 oz	Carrie	7.30a.m	cling/saran wrap.
Wheat Bread (pre-sliced)	2 x 24 oz	Carrie	7.30a.m	should be ready by
Multigrain bread (pre-sliced)	1 x 24 oz	Caroline	7.30a.m	
Multigrain bread (pre-sliced)	1 x 24 oz	Caroline	7.30a.m	come off the water
Baby Spinach	2 x 7 oz	Carrie	7.30a.m	Make sandwiches
Sabra Lemon Twist Hummus	2 x 16 oz	Carrie	7.30a.m	Make sandwiches
Sabra Hummus -- roasted red pepper	2 x 16 oz	Rosy	7.30a.m	Make sandwiches
GF roll/bun	6	<b>OPEN</b>	7.30a.m	Make sandwiches
<b>GF Food</b>				
gluten free veggie wrap or	10 pcs	Dianne/Julia	7.30a.m	
Vegan rice, beans and veggie (GF)	10 servings	Dianne/Julia		
<b>Scramble Eggs</b>				
<b>Need a team leader to be responsible for making scramble eggs</b>		<b>OPEN</b>	7.30a.m	
Hard boiled eggs, leave shell on	1 doz	Caroline	7.30a.m	
Fresh Eggs	4 doz	Althea	7.30a.m	To make scramble eggs if wanted
oil spray (PAM)	2 can	Althea	7.30a.m	

Salt + pepper	1 set grinder type	Althea	7.30a.m	
butter	1 lb	Althea	7.30a.m	
1 griddle for scramble eggs	1	Althea	7.30a.m	
<b>Snacks</b>				
Peanut butter filled Pretzel	1 barrel	Linda	7.30a.m	
Pretzel Rod	1 barrel	Linda	7.30a.m	
Chex Mix Regular & GF	2 x 15 oz	Adriana	7.30a.m	
GF plain Rice cakes	3 rolls	Adriana	7.30a.m	
GF Rice cakes Assorted	3 rolls	Adriana	9.00a.m	
Nature Valley Granola bar -Assorted	2 x 30	Rosy	7.30a.m	
Nut free granola	10 pcs	Cathy	9.00a.m	
trial mix	1 lb	Cathy	9.00a.m	
Assorted bars GF	1 box	Cathy	9.00a.m	
Assorted cliff bars no choc	1 x 12	Cathy	9.00a.m	
KIND Bars	10	Rosy	7.30a.m	
<b>A.M Vegetables</b>				
veg dip	1	Jen	7.30a.m	
celery cut into 2" sticks	1 bunch	Jen	7.30a.m	
carrots	4 lbs	Jen	7.30a.m	
<b>A.M fruits</b>				
grapes (washed)	2 lbs	Rosy	8:00a.m	setup in trays cut into small bunches
pears (washed)	2 lbs	Susanne	8:00a.m	setup in trays

Oranges/clementine	3 lbs	Susanne	8:00a.m	
apples (washed)	3 lbs	Susanne	8:00a.m	setup in trays
<b>A.M Drinks</b>				
water	4 dozen	Rosy	7.30a.m	
gatorade 20 oz	4 dozen	Rosy	7.30a.m	
<b>Box Individual 2% Choc milk + soy milk-no vanilla Costco</b>	2 x 21-(8 oz)	Adriana	7.30a.m	
<b>Paper Goods</b>				
Saran wrap	300 sq ft	Juliette	7.30a.m	
Aluminum Foil	200 sq ft	Juliette	7.30a.m	
crock pot liners	2 boxes	Juliette	7.30a.m	
Reclosable 1 quart Sandwich Bags	50 bags	Juliette	7.30a.m	
Reclosable 1 gallon Storage Bags	60 bags	Juliette	7.30a.m	
bowls	100	Juliette	7.30a.m	
Paper towels	3	Juliette	7.30a.m	
Paper Plates 8"	250	Rosy	7.30a.m	
spoons + forks + knives	200	Rosy	7.30a.m	
Napkins	250	Rosy	7.30a.m	
gloves for food handling	50	Terry	7.30a.m	
<b>Mid-morning</b>				
<a href="#">box of Joe (coffee) for coach and parents</a>	1	Kerty	10:30a.m	

Nutella	1 x 32 tub	Susanne	9.00a.m	
Gummy bears	3 lbs	Susanne	9.00a.m	tell rowers to eat as they come off the water a good fast refuel
<b>Vegetrian meals</b>				
<a href="#">Pesto Cheese Tortellini salad extra pesto sauce</a> <a href="#">Click for receipe.</a>	3 lbs	Terry	10:30a.m	
Vegetable fried rice for B3/G3 returning from hotel needing a light lunch	1 tray 11x9x3	Jane	7:30a.m	keep warm on chafing rack B3/G3
Vegetable fried rice for B2/G2 returning from hotel needing a light lunch	1 tray 11x9x3	Jane	10:30a.m	keep warm on chafing rack B2/G2
Vegetable fried rice for B1/G1 returning from hotel needing a light lunch	1 tray 11x9x3	Susan S	10:30a.m	keep warm on chafing rack B1/G1
<b>Lunch</b>				
Market Basket Parisan Bread --soft bread	4 loaves	Jen	10:30a.m	cut the bread
Rotisserie chicken (de-boned -- Buy from Super Market)	2	Jen	10:30a.m	For G2/B2
Rotisserie chicken (de-boned -- Buy from Super Market)	3	Victor	10:30a.m	For G1/B1
<a href="#">Sweet Sour Sauce -- World Harbors at Market Basket</a>	3 x 16 oz bottle	Victor	10:30a.m	
<b>Vegetables</b>				
Mix Spring Green/Spinch	1 x 32 oz	Susan M	10:30a.m	Make salad
grape tomatoes	1 lbs	Susan M	10:30a.m	and serving utentils
Ranch Salad Dressing	1x 8 oz	Sonja	10:30a.m	
Creamy Caesar Salad dressing	1x 8oz	Sonja	10:30a.m	

tomatoes sliced for burgers	2 lbs	Susan M	10:30a.m	For burgers
<b>Cheese &amp; Crackers For Parents</b>				Setup the cheese board
<b>Need a team leader to be responsible for making setting this up</b>		<b>Juliette</b>	10:30a.m	
cutting/cheese board	1	Juliette	10:30a.m	
Goat cheese	8 oz	Juliette	10:30a.m	
Blue Cheese	8 oz	Juliette	10:30a.m	cheese knives
Sharp Cheddar cheese	8 oz	Rosy	10:30a.m	small plates
Brie Cheese	8 oz	Juliette	10:30a.m	
Flat bread crackers	2 x 16 oz	Rosy	10:30a.m	
Fig preserve	1 bottle	Rosy	10:30a.m	
Assorted crackers	2 x 12 oz	Rosy	10:30a.m	
Assorted GF crackers		Susan S	10:30a.m	
<b>drinks</b>				
gatorade 20 oz	4 dozen	Susan S	10:30a.m	<b>Getting HOT !!</b>
water	4 dozen	Cathy	10:30a.m	<b>Needs lot of water</b>
water	4 dozen	Cathy	10:30a.m	
water	4 dozen	Kerty	10:30a.m	
<b>P.M fruits</b>				
watermelon	2	Dianne	12 noon	Cut watermelon
watermelon	2	Julia	12 noon	Cut watermelon
grapes (washed)	4 lbs	Julia	12 noon	Setup up on trays
strawberries (washed)	4 lbs	Julia	12 noon	After the 2nd race



<b>P.M. Snacks</b>				
Brownies	2 trays	Kathy	12 noon	after 2nd race
Vegan Cereal Bars		Susan S	12 noon	after 2nd race
GF Brownies		Rosy	12 noon	after 2nd race
choc chip cookies	50	Kathy	12 noon	setup on trays
7 layer bars	1 tray	Yoriko	12 noon	
GF Rice Kripies treats	1 tray	Jonathan	12 noon	
<b>Meat +buns</b>				
<b>Need a team leader to be responsible for taking charge of the grill duties</b>		<b>Jonathan</b>	12 noon	
bananas	box	coach	9.00a.m	
burgers	100	coach	12 noon	Grill burgers 50 for parents
buns	75	coach	12 noon	Grill 50 after the 2nd race
hot dogs	30	coach	12 noon	Grill hotdogs 15 for parents
hot dogs buns	30	coach	12 noon	Grill 15 after the 2nd race
Ketchup,mustard,relish		coach	12 noon	
white cooler+ice for burgers	1	coach	12 noon	
American cheese	4 lb	Rosy	12 noon	
vegan burgers	6	Rosy	12 noon	
GF burger bun	6	Dianne	12 noon	
Turkey Burgers	3	Rosy	12 noon	
<b>Extras</b>				
blue cold water cooler filled	1	coach		cold drinking water
Event BBQ grill	1	coach		
Large Propane gas	2	coach		
gas slow cooker	1	Rosy	7.30am	

Small propane gas	4	Rosy	7.30am	
small gas stove	1	Rosy	7.30am	
griddle	1	Rosy	7.30am	
cutting boards	2	Rosy	7.30am	
serving bowls	4	Rosy	7.30am	
table cloth	4	Rosy	7.30am	
knives for cutting bagels	2	Rosy	7.30am	
Aluminum Lasagna pans	10	Rosy	7.30am	use as trays
butane lighter	1	Rosy	7.30am	light steno
Serving trays	4	Rosy	7.30am	
chafing racks	2	Rosy	7.30am	
Aluminum trays large	2	Rosy	7.30am	
steno fuel can	4	Rosy	7.30am	
grilling tools	1 set	Rosy	7.30am	
<b>Cold Weather Food</b>				
water	5 gallon	Rosy	7.30am	
hot water cups	50	Rosy	7.30am	
Hot choc mix	1box of 60 packets	Rosy	7.30am	

Propane refill station  
U-Haul  
290 Belmont St  
Worcester MA 01604  
508-752-7005

1.2 miles 4 minute

Panera Bread  
White City shopping center  
50 Boston Turnpike  
508-798-9949

Stop and Shop  
539-571 Boston Turnpike, Shrewsbury  
508 842 1911