

## Food and Snacks

Ideally, your student will eat a meal before (s)he comes to rehearsal or performance. Students who do not eat before rehearsing or performing are susceptible to premature fatigue and are more likely to forget lines or cues or make embarrassing mistakes.

PLEASE do not sabotage your student's success by failing to feed them a HEALTHY meal before rehearsals and performances. Please avoid sugar, caffeine and "junk" food.

We suggest that on rehearsal days, you send a healthy meal and/or snacks with your students as well, especially if they will be in rehearsals for several hours. If you prefer that we feed your student on rehearsal days, we will provide:

A healthy snack – fruit, yogurt, nuts, cheese sticks: \$1/day

Breakfast – including TWO of the following and fruit juice: \$2.50/day

Fresh fruit

Yoplait yogurt cup

Granola Protein bar

Lunch – a whole sandwich, assorted fresh fruit and veggie chips: \$5/day

Peanut butter and jelly sandwich on wheat bread

Ham and cheese sandwich with lettuce on wheat bread

Cheese sandwich with lettuce on wheat bread

We will provide unlimited drinks for students and volunteers at all rehearsals and performances at no charge. Soft drinks will NOT be available, and we encourage you not to send sugary sodas with your students.

***We will invoice you for all snacks and meals we provide for your student at the end of each week.***

Parent volunteers who work rehearsals should provide their own snacks and meals. Downtown restaurants within walking distance include: Cloud 9, the Patio Café, the Texan Café, Mr. Hamburger, the Farmhouse, Five Loaves Deli and the Farmhouse Sweets and Eats.