



"We'll there's a football in the air" - Better Than Ezra

This time of year, is football season. That means tailgate parties.

Control

Tailgating can offer some very delicious foods; however, pace yourself and stay mindful of your portions to stay focused on your training. Parents, a weekend full of rich foods and alcohol can be hard to recover from. Here are a few tips to enjoying your tailgate party without overindulging.

- Have a game plan – don't be caught off guard, think through the party the day before and plan how you will enjoy food but limit healthier options.
- Pace yourself. You may tailgate for a few hours. Incorporate the party foods into your "typical day". Have one plate at meal time (perhaps lunch) then a small snack before the game.
- Keep portion sizes in moderation.
- Try bell pepper chunks (or any veggie) as your dipper as opposed to chips.
- Limit or avoid cheesy dips.
- Bring healthy options –yes, veggie trays are boring. So be creative.

- Choose leaner cuts of meat, such as chicken or loin rather than ribs.
- Socialize... walk, visit, talk, don't hover around the food.

You are more likely to be comfortable and enjoy the game by keeping your food intake in moderation.

Hydration

Drink, drink and drink more **water**. You will be out, potentially in heat, for a long time. Be sure you drink water throughout the day.

Food Safety

Whether you are the host or a guest, food safety is very important.

- Bring water for cleaning if none will be available at the site. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.
- Carry cold perishable food like raw hamburger patties, sausages, and chicken in an insulated cooler packed with several inches of ice, frozen gel packs, or containers of ice.
- Be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating ready-to-eat food. If possible, store these foods near the bottom of the cooler, so that juices

don't contaminate other foods in the cooler.

- If you can't keep hot food hot during the drive to your tailgate, plan and chill the food in the refrigerator before packing it in a cooler. Reheat the food to 165 °F as measured with a food thermometer.
- If bringing hot take-out food, eat it within 2 hours of purchase (1 hour if the temperature is above 90 °F).
- Use a food thermometer! Meat and poultry cooked on a grill often browns very fast on the outside. The only way to be sure that the food has reached a safe and minimum internal temperature is to use a food thermometer.
- Keep plates and utensils away from raw meat.

Monthly challenge:

Teenage Athlete- Fit tailgating into your workout schedule, don't let it derail your efforts.

Parents – If hosting a tailgate party pay close attention to the food safety guidelines.

