

## **SWIMARIN SNACK BAR FOOD CONTRIBUTION GUIDELINES**

Take a look at this list early in the season. Once the weekly assignments are posted, this should help you clearly understand what food or beverage items you need to bring to the Snack Bar at Home Meets. The success of the Snack Bar depends upon these Guidelines being followed as closely as possible. Please do not substitute items, sizes or brands without checking with us first. If you have questions about any of these items, email us early in the season to clarify, so you will know exactly what to bring. Depending where you shop, these items should run no more than \$15 per meet. For drinks, chips and other "non-perishable" items, we recommend Smart & Final or Costco.

Please drop your donation at the snack bar table before the start of the meet and be sure to have your name checked off. If you do not bring your donation, you may be charged a \$25 fee or asked to bring double the amount of items the following meet.

For questions, please email Amy Lynch, [jimandamyca@yahoo.com](mailto:jimandamyca@yahoo.com)

- APPLES & BANANAS:** *Six to eight RIPE bananas and six to eight CRISP apples (Pink Ladys, Fuji's, Galas or Granny Smith only).*
- BAGELS:** *One dozen bagels. Freshly baked from a bagel store or Safeway's Bakery, for example Noah's, Marin Bagel, House of Bagels are good. No pre-packaged Sara Lee or Lenders style, please. They are too small and hard and we cannot sell them. Cut Bagels in half and wrap individually in plastic wrap. No cream cheese or butter required. We provide that.*
- BAKED POTATOES:** *One dozen LARGE BAKED potatoes, individually wrapped in tin foil. They must be already cooked, and *hot in the morning*. LARGE ONLY PLEASE. Smaller potatoes will not sell, so they are a waste of your time and money! *This is an important contribution.**
- BLUEBERRIES:** *3 pint packages of blueberries. Please rinse and bring in the containers.*
- BOTTLED WATER:** *Twenty four (one full case) of the 16.7 oz (half liter) bottles (non-sparkling only). Make sure you buy the right size. The brand is not critical.*
- BROWNIES OR BLONDIES:** *Twelve individually wrapped Brownies (chocolate or blondies). Use plastic wrap not foil.*
- LEMON BARS OR RICE CRISPIES:** *Can be Homemade or store bought...just make sure they are cut into 3" x 3" squares.*

- CHIPS ASSORTMENT:** One 30-pack assortment of Frito-Lay potato chips, ie: Doritos and Cheetos. Do not substitute another brand or size. No large format bags please. *Don't be tempted to get the 50 pack assortment...the bags of chips are too tiny.* Smart & Final and Costco have these.
- COOKIES:** One dozen LARGE cookies. Safeway or Costco Bakery is a good place for these. Do not buy boxes or packages of cookies from the cookie section of the market; They are too small and we have to sell them at a big discount. They should be 4 – 5" round (or larger).
- DONUTS:** Two dozen bakery donuts...Glazed, Jelly or Assorted. The best bet is from a Donut Shop or from Safeway Bakery. Do not buy Entemann's or any other prepackaged brand. They are too small. We have to charge ½ price for these, so they are a waste. We sell a lot of donuts...*everyone's guilty pleasure*, so really make an effort on this item.
- EGGS, HARDBOILED:** 2 dozen hard boiled eggs. Please hard boil the eggs and bring in the egg carton.
- GATORADE:** 12 bottles of 20 oz Gatorade assorted flavors. Make sure it is this size.
- GRAPES:** Three to Four Pounds of Red, Black or Green Seedless Grapes, washed. If they are a good price, please get four pounds.
- GRANOLA:** 2 pounds of granola cereal (2 boxes) for making parfaits. Trader Joes brand in box is good.
- ICE:** *FOUR* eight pound bags of ice. This is one of the most important commitments. It is important to have this first thing in the morning so that we can get the drinks on ice. We are really stuck without it.
- JUICE:** Apple or orange juice - 12 cans or plastic bottles preferred – No Glass! No Sunny D, etc. Real juice please!
- LETTUCE:** Four heads of Iceberg lettuce, WHOLE. Do not cut, please. This is for hamburgers.

- MUFFINS:** *One dozen bakery style or homemade muffins. Make sure they are large. Little muffins or cupcakes have to sell for ½ price. The big ones are the good ones.*
- PEANUT BUTTER & JELLY SANDWICHES:** *One dozen Peanut Butter and Jelly Sandwiches. Use Smooth Peanut Butter Only. The bread should be a good quality Country White or Buttermilk bread with the crusts still on. Do not use Wonder Bread or any commercial “white bread” like that. Use Strawberry or Blackberry Jam. Cut sandwiches in half and wrap in plastic wrap.*
- RASPBERRIES:** *Three pints, washed.*
- SODAS:** *Four six packs (equals one normal case). NAME BRANDS ONLY, PLEASE! Coke, Pepsi, 7-up, Sprite, Dr. Pepper, Mug Root Beer, Mountain Dew, Hansens and Diet Versions of these sodas only. They don't have to be cold...we will put them on ice. Stay away from the new flavors like vanilla, cherry, lemon or lime. Stick to the classics!!! DO NOT BUY SAFEWAY SELECT OR ANY OTHER “SUBSTITUTE BRAND”. THEY DO NOT SELL AND WE HAVE TO GIVE THEM AWAY.*
- STRAWBERRIES:** *Three baskets, washed with stems attached or cut off, either way. This is one of our most popular items.*
- TOMATOES:** *Please bring *twelve to 15* large tomatoes SLICED. Please put them in sealable containers. These are for the burgers.*
- VEGGIE STICKS:** *Please bring the following items in *one gallon* freezer bags, washed and sliced for dipping: carrots, celery, cherry tomatoes, cucumbers and jicama (if you wish). We will fill the serving cups at the meets. We will provide the ranch dressing for these.*
- WATERMELON:** *Around 20 pounds of good, sweet SEEDLESS Watermelon. 2 watermelons if smaller. Please bring pre-cut.*
- WHIPPED CREAM:** *3 Large cans of REAL DAIRY style whipped cream. Do not buy non-fat, chocolate or artificial whipped cream substitute.*
- YOGURT:** *3 Quart containers of vanilla yogurt for making parfaits. Preferred brands Clover, Strauss, Safeway organics, or Trader Joes.*

*\*Note: If you have brought any items in a container that you want returned, please have your name on it, and make sure to come to the snack bar at the end of the meet to retrieve it. Things get very busy at the Snack Bar, so we recommend that you do not use valuable or family heirloom dishes, pans or utensils for Snack Bar items. We cannot be responsible for lost or misplaced valuables. If you cannot come by at the end of the meet, please make arrangements with another Swimarin parent to pick up your container. Don't wait until the next meet to get your things.*

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Directory: /Users/gabebrown/Library/Containers/com.apple.mail/Data/Library/Mail Downloads/D0F85650-A79C-4C2F-A492-F7015B429195  
Template: /Users/gabebrown/Library/Group Containers/UBF8T346G9.Office/User Content.localized/Templates.localized/Normal.dotm  
Title: 2010 SWIMARIN SNACK BAR  
Subject:  
Author:  
Keywords:  
Comments:  
Creation Date: 5/3/12 4:53:00 PM  
Change Number: 5  
Last Saved On: 2/5/20 1:08:00 PM  
Last Saved By: MOLLY MCEVOY  
Total Editing Time: 24 Minutes  
Last Printed On: 2/7/20 3:44:00 PM  
As of Last Complete Printing  
Number of Pages: 4  
Number of Words: 975 (approx.)  
Number of Characters: 5,558 (approx.)