

Parent's Quick Guide — Print Handout

A one-page parent handout covering what to pack, buy, and know about feeding a high school runner. Perfect for parent nights.

ACCESS

Free resource

AUDIENCE

parent

READ TIME

3 min

AUDIENCE

Parent

WHY THIS MATTERS

⇒ This is a print-ready visual handout.



Parent's Quick Guide — Print Handout

QUICK START

Start here

A one-page parent handout covering what to pack, buy, and know about feeding a high school runner.

AT HOME

Win breakfast before you chase supplements

- A simple breakfast beats skipping and trying to fix the day later.
- Bagel plus peanut butter, cereal plus milk, or eggs plus toast all count.

FOR PRACTICE

Pack a carb-first snack every day

- Most athletes need something 30-90 minutes before training.
- Banana plus crackers, granola bar plus fruit, or yogurt plus pretzels travel well.

AFTER TRAINING

Recovery should start on the way home

- Aim for carbs plus protein within the first hour after practice.
- Chocolate milk, a turkey sandwich, or leftovers packed ahead all work.

OVERVIEW

What this resource is helping solve

A one-page parent handout covering what to pack, buy, and know about feeding a high school runner.

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- handout
- printable
- pdf

WATCH FOR

Common Mistakes

— Luke Rodriguez, MS, RDN

— Luke Rodriguez, MS, RDN

- Restricting food because you're worried about weight (let them eat!)
- Buying only "diet" or "low-cal" foods for an athlete (they need calories)
- Assuming school lunch is enough (it's 750+ calories short for athletes)

Do This Now

STOCK THE PANTRY

bananas, PB, bread, granola bars, chocolate milk

Pack your athlete a **SECOND** lunch for after practice

Let them eat — athlete hunger is real and they need the calories

Weekly Rhythm

**SUNDAY

** Grocery run + 30 min meal prep for the week

**DAILY

** Pack a school lunch + an after-practice snack bag

**AFTER PRACTICE

** Have dinner ready within 2 hours of their return

QUICK REFERENCE

Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

BREAKFAST

before school or practice

Treat this as a decision anchor, not a trivia stat.

SNACK BAG

packed the night before

Treat this as a decision anchor, not a trivia stat.

RECOVERY

food ready on the ride home

Treat this as a decision anchor, not a trivia stat.

COACH TAKEAWAYS

What to say

These are the cues worth repeating before the week gets busy.

Keep stocked: Milk, bread, bagels, cereal, fruit.

Crackers, bars, yogurt, peanut butter.

Pack nightly: Water bottle.

Pre-practice snack and recovery backup.

Red flags: Skipped meals, repeated fatigue.

Stress fractures, dizziness, or food fear.

TAKEAWAY

Coach bottom line

Parents help most by making fuel easy, normal, and ready before hunger turns into a problem.

- Tell families the first goal is simple: breakfast, a practice snack, and recovery food every day.

COACH CUES

Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

PRIMARY FOCUS

Printable Handouts

A one-page parent handout covering what to pack, buy, and know about feeding a high school runner.

THIS WEEK'S CUE

Tell families the first goal is simple: breakfast, a practice snack, and recovery food every day.

Use this sentence in the next team conversation.

KEY THEMES

handout • printable • pdf • parent guide

These are the anchors to reinforce, not the entire lecture.

BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

WHAT TO DO NEXT**Use it this week**

Tell families the first goal is simple: breakfast, a practice snack, and recovery food every day.

BOTTOM LINE

Parents help most by making fuel easy, normal, and ready before hunger turns into a problem.

Source topics: [handout](#) • [printable](#) • [pdf](#) • [parent guide](#) • [athlete parent nutrition](#) • [grocery list runner](#)