

# THE ~\$70 TEAM SNACK LOCKER

One Costco Run = 1 Month of Fuel

TARGET BUDGET

**\$65-\$75**

## COSTCO SHOPPING LIST

| ITEM   | COST | WHY IT WORKS              |
|--|------|---------------------------|
| <input type="checkbox"/> Kirkland Soft & Chewy Bars (64ct) | \$12 | Quick carbs, portable     |
| <input type="checkbox"/> Kirkland Org. Applesauce (24ct)   | \$13 | Better value than Mott's  |
| <input type="checkbox"/> Snyder's Mini Pretzels (60ct)     | \$12 | Salty carbs, ind. wrapped |
| <input type="checkbox"/> Graham Crackers (3-pk)            | \$7  | Light, easy digestion     |
| <input type="checkbox"/> Welch's Fruit Snacks (90ct)       | \$14 | Quick sugar pre-run       |
| <input type="checkbox"/> Kirkland Trail Mix (Lg Bag)       | \$12 | Post-run protein/fat      |
| <b>ESTIMATED TOTAL: ~\$70</b>                              |      | <i>*Verified Jan 2026</i> |



## LOCKER SETUP

### REQUIREMENTS

- Clear plastic bin
- Label: "FUEL UP"

### SCHEDULE

|                 |                |
|-----------------|----------------|
| Week 1          | <b>Coach</b>   |
| Week 2+         | <b>Captain</b> |
| Monthly (~\$70) | <b>Parent</b>  |

### Walmart/Target (~\$45)

- Nature Valley Bars (24ct)
- Applesauce Pouches (12ct)
- Pretzels (Family Size)
- Graham Crackers
- Fruit Snacks (Variety)
- Trail Mix Bag

### Dollar Store (~\$30)

- Generic Granola Bars (x5)
- Applesauce Cups (x4)
- Pretzels (3 bags)
- Graham Crackers (2 boxes)
- Fruit Snacks (2 boxes)
- Mixed Nuts (2 cans)

## SAFETY FIRST

Survey your team for allergies before shopping.

- Nut Allergies?
- Gluten Free?

## COACH TIPS

- Tell athletes WHY it exists (fuel = performance).
- Place bin in high-traffic area (locker room/entrance).
- Remind them daily for the first 2 weeks.

## THE VALUE

"For under \$4/mo, every runner is fueled."

|                |                |                |
|----------------|----------------|----------------|
| 15<br>ATHLETES | 20<br>ATHLETES | 25<br>ATHLETES |
| <b>\$4.67</b>  | <b>\$3.50</b>  | <b>\$3.00</b>  |
| per month      | per month      | per month      |