

# CREW Food

## Why all the fuss about food?

Regattas are often day long events. The team will arrive at the DRC, sometimes as early as 5am, and then travel to the race site or begin preparations for a home race. Rowers may not return home until much later in the day (4-7pm). To ensure our rowers stay well hydrated and energized, we organize a food table that offers healthy drinks and snacks to all rowers free of charge. **Athletic fees do not cover the cost of food. We rely on donations from our crew families to support our Food Table.**



## How do I donate to the Food Table?

Each race week you will receive an email from the Food Committee with a link to a Sign-Up Sheet with requests for specific items. Items are brought by the rower on the morning of the race. We strive to provide a variety of items including fruits and vegetables, high protein foods, homemade breads etc. Please let us know if your rower has a food allergy or dietary restriction as we can provide alternatives, and in cases of severe allergy, avoid these items completely. For those who would prefer to make a single monetary donation rather than donate food for each race, please submit \$40 (cash or check to FOSC) to the Food Committee. **Additional donations are always appreciated and would be used to provide additional food/beverages for the rowers. The expectation is that all families will donate to the Food Table.**



## What about lunch? Can families eat as well?

For longer race days, we provide a meal for rowers and their families to purchase. You will receive a second Sign-Up Sheet for meal requests. **All rowers are required to purchase the meal and pay in advance. The cost for the Spring Season (3 races) is \$25 (cash or check to FOSC). If your child has a dietary or other restriction and you wish to send a lunch in lieu of the purchased meal, please send an email to the Food Committee Chair.** Family members interested in purchasing a meal should indicate requests in the Sign-Up sheet and pay at the race.

## Can I help?

Yes, please! For each race, we will request volunteers to assist at the Food Table. The slots are included in the Sign-Up Sheet and are typically 1-2hrs in length. Don't worry about the timing of your shift, you are always able to watch your rower race. This is one of the best volunteer opportunities as you get to meet, interact with and support this great group of athletes. ☺

## What are pasta parties?

Pasta parties are independent of the Food Committee and are organized by the team captains. Pasta parties are typically held the evening before a race (~6-9 pm), but are not mandatory. A rower's family will host the dinner and teammates will contribute breads, drinks, desserts etc., usually based on year (e.g. sophomores may be asked to bring desserts). Co-hosting is a great option for families that would like to contribute part of the meal but may not feel comfortable hosting. Feel free to have your rower reach out to the captains to see how you can help.

**Food ideas, questions or concerns – Please contact Carrie Hendricks, Food Committee Chair at [crewfoodshs@gmail.com](mailto:crewfoodshs@gmail.com)**