

## **Food and Beverage Policy: Events - Wrestling**

**Each Wrestling Team is allowed (1) ice chest per team. Contents of the Ice Chest must be on the list below.**

**Wrestlers may carry in the approved items below for individual consumption.**

Water  
Gatorade  
Protein Drinks  
Fruit and Vegetables  
Home Made Sandwiches  
Lunch Meat and other items to make Sandwiches  
Peanut Butter and Jelly  
Protein Bars  
Granola Bars  
Nuts and Almonds  
Beef Jerky  
Baked Goldfish

### **Common Foods which are NOT permitted:**

Soda  
Pizza  
Subway (all restaurant logoed food)  
Breakfast from Hotels  
Grocery Store prepared items

**\*\*Reminder:** Non-Wrestlers or Team personnel are not permitted to bring-in any Food and Beverage.