



Thank you so much for offering to provide food for the cast and crew during our week at the Lebanon Opera House (Sunday, February 14 through Sunday, February 21). The rehearsal days are long and tiring (but fun!), so it is important that the kids have some nutritious snack choices to keep up their energy levels. Remember, you are not expected to bring enough of any one item to feed everyone (85 or so), as there are several people signed up on any given day

When preparing/purchasing food, please consider the following guidelines:

There is a standard size refrigerator/freezer and microwave available in the Green Room.

The LESS MESS the better! The kids are constantly coming & going from the Green Room and although they have many wonderful qualities, cleaning up after themselves is not one of them.

Although we try to be as "green" as possible, the reality is that when you have that many individuals in a small space in close proximity to one another (especially during the winter), germs spread easily. In order to keep everyone as healthy as possible, please think about buying snacks in individual packaging - e.g., snack size bags of SmartFood rather than a huge bag of popcorn poured into a big bowl. If you do bring something like a large bag of Chex Mix, the kids will need to scoop it out with paper cups.

Some items that have been popular in the past are:

- ❖ fruit - clementines, apples, bananas are all favorites.
- ❖ veggie trays -baby carrots, celery sticks, cherry tomatoes, sliced cucumber, greek olives, pepper slices, etc.
- ❖ pita & hummus
- ❖ bagels & cream cheese/jelly
- ❖ pre-made sandwiches (roast beef, turkey, ham)
- ❖ rice cakes/spreads
- ❖ hard boiled eggs (already peeled)
- ❖ pudding cups
- ❖ 8 oz yogurts
- ❖ cheese sticks
- ❖ pretzel rods
- ❖ breakfast/granola bars
- ❖ variety of tea bags/honey & hot cups
- ❖ popsicles
- ❖ and of course, cookies, brownies, etc.

If you end up bringing something more substantial around dinner time - e.g., chicken wings/nuggets, a salad, a pasta dish - please make sure you include plates/bowls and utensils (both to serve with & eat with). If you need an item to come back to you (trays, plates, serving spoon, knife for slicing bagels etc), please make sure it is labeled.

No doubt there is some culinary creativity out there - please feel free to share it with the teens!

Thanks again and bon appetit!

Tom Gray and Donna Hazelton
Green Room Coordinators