**REFRESHMENTS**

* Find a Food Chair and ask them to find 1-2 assistants
* Always have plenty of water – there is no such thing as too much water – 16.9 oz bottles work best
* Take into consideration the time of day when deciding what food to serve
  + Morning Contests – fruit, yogurt, bagels, pastries, hard-boiled eggs, coffee
  + Mid-day Contests – protein bars, chips, popcorn, cold sandwiches, sodas, cookies
  + Evening Contests – pizza, hot sandwiches, side salads, sodas, desserts, coffee
* If the contest is held in the evening on a weeknight, guests may be arriving directly from work and will need more substantial food than light refreshments
* If multiple contests are being held, guests will need more substantial food for the length of time they will be there
* Consider holding a pot luck and ask guests to bring a food item
* Consider the needs of the vegetarian, vegan, gluten-free, lactose intolerant, soy-free, and low-carb guests
* Make sure you have enough plates, napkins, utensils, serving dishes and utensils, cups, and condiments for coffee