

2 CATERING

2.1 CATERING FOR TEAMS, FIBA OFFICIATING TEAM AND FIBA STAFF

Emphasis should be placed on providing food that is suitable for basketball players in the Team Hotel, and which also takes national eating customs into account. The menu and quantities should be discussed and prepared with assistance of a professional sports nutritionist. FIBA must approve the final proposal of the menu.

Menus should be designed to be nutritious and tasty. All meals should be standardized and served in buffet style. The Host, in close cooperation with the Hotel and FIBA, should consult with a sports nutritionist (or a basketball team doctor) regarding the required quantities and various eating habits.

For the FIBA Officiating Team a specially designed daily menu for the duration of the Event will be provided to the Host by FIBA three (3) months in advance.

It is important to offer a large variety in the menus; therefore, the choice of buffet style should meet this criteria. The Hotel shall consider the fact that an average basketball player consumes at least double the amount of food compared to regular Hotel guests.

2.1.1 SPECIAL CONSIDERATIONS

For all target groups when providing any meal, the following should be taken into consideration:

- Allergy/intolerance to specific ingredients or foods;
- Request for vegetarian/vegan meals;
- Participants with diabetes; and
- National and religious eating customs shall be considered and respected.

2.1.2 ENERGY REQUIREMENTS AND ENERGY DISTRIBUTION FOR MEALS

Every player's energy and nutritional requirements must be met.

The meal schedule must be adapted to the Practice and Competition Schedule.

The meal schedule should include at least one (1) snack in addition to breakfast, lunch and dinner.

Breakfast should provide for approximately 20% of the total energy requirement.

Snacks should provide 5 - 15% (per snack).

Lunch and dinner should each provide about 25% of the required daily energy.

The Energy Distribution from Different Nutrients should be:

- Carbohydrate: 55 - 65% of energy intake (for 4,000 kcal/day, carbohydrate equals 2,000 – 2,600 kcal);
- Fat: 25 – 30% of energy intake (1,000 – 1,200 kcal); and
- Protein: 10 - 15 % of energy intake (400-600 kcal).

2.1.3 FLUIDS

Athletes and referees require large amounts of fluids.

- Bottled water must be available during and between meals;
- A choice of fluids must be offered at every meal;
- Fruit and/or vegetable juice;
- Pasteurized, low fat (0 - 2 % fat) milk and/or milk-based drinks (chocolate milk, yogurt drinks, milkshakes). In addition, at least one of the following substitute milk products should be provided: soya milk, oat milk, rice milk or almond milk;
- Soy beverages;
- Sport drinks;
- Soft drinks; and
- Hot beverages such as coffee, tea(s), oolong tea, Japanese green tea, and hot chocolate, etc.

2.1.4 PREPARATION CONSIDERATIONS

- Serve at least two (2) entree choices; at least one (1) should be a dish to accommodate cultural differences;
- A salad and soup should be served at every meal;
- A pasta dish should be available at every meal;
- Use minimal fat in preparing the food;
- Serve sauces and gravy "on the side";
- Limit foods that cause gas (such as cabbage); and
- Use few spices in the food preparation; allow athletes to add their own spices.

2.2 GENERAL FOODS FOR MEALS

2.2.1 CARBOHYDRATE SOURCES

- Grain products and pasta are the main sources of carbohydrate: Breads, rolls, flat breads, bagels, crackers, porridge, cold cereal, noodles, rice, pasta, muffins, pancakes, crumpets;
- Vegetables and fruits;
- Fresh, canned and dried fruits;
- Starchy vegetables such as potatoes, yams, sweet potatoes;
- Vegetables;
- Dried peas, beans, lentils, chickpeas, peanuts;

2.2.2 PROTEIN SOURCES

- Meat, poultry and fish;
- Beef, pork, chicken, turkey, ham, lamb, sliced meat, fish, and egg dishes;
- Legumes: Soy, dried peas, beans, lentils, chickpeas;
- Nuts and nut butters (these protein sources contain substantial fat); and
- Milk products: Yogurt, low-fat milk, low fat cheeses.

2.3 SELF-SERVE FOODS AVAILABLE AT ALL MEALS AND SNACKS

- Fluids (cold and hot) - water, milk, juice, soy beverage, sport drinks, etc.;
- Breads - whole grain (wheat, rye, etc.) and white bread, rolls, flat breads, bagels, crackers, low-fat cookies, granola style bars, etc.;
- Spreads - butter, margarine, jam, nut butters, mayonnaise, ketchup;
- Fruit - fresh, canned and/or dried (oranges, bananas, apples, pineapple rings, fruits in season, raisins, etc.), fruit salad;
- Salad buffet: (fresh peeled vegetables, salad greens such as lettuce, sliced tomato, sliced cucumber, sweet peppers, grated (white) cabbage, grated carrots, broccoli, radish, cauliflower, maize/corn, onion, beans, chickpeas, low fat cottage cheese, pickles, sour pickled gherkins, Asian laver, seaweed, etc.);
- Salad dressings - a choice;
- Condiments - mustard, relish, ketchup, soy sauce;
- Sandwich fillings - ham, chicken, turkey, beef, sardines, salmon, tuna, hard boiled eggs, cheeses, etc.;
- Yogurt, milk puddings, etc.; and
- Soup.

2.4 BREAKFAST - SELF-SERVE FOODS

In addition to the choices of fluids, breads, spreads, fruit, etc., breakfast should include a hot and cold buffet. A toaster should be available. The cold buffet should include:

- Various breads;
- Cold cereal (wheat flakes, muesli, corn flakes, brown rice flakes, etc.);
- Dried fruit to add to cereal; and
- Nuts and seeds to add to cereal.

2.5 BREAKFAST - HOT FOODS

- Hot porridge (oatmeal, semolina, rice, etc.) and/or pancakes (syrup on the side);
- Boiled, poached or scrambled eggs; and
- Meat - ham, sausage, bacon.

2.6 LUNCH AND DINNER

In addition to the choices of fluids, breads, spreads, fruit, etc., lunch and dinner should include a hot buffet:

- At least two (2) soups at each meal;
- At least two (2) types of salad;
- At least three (3) carbohydrate choices - pasta (at all meals) and rice or potato, etc.;
- Two (2) or more steamed, baked or boiled vegetables – one (1) may be part of a cultural dish such as stir-fried beef, green pepper and bamboo shoots;
- At least three (3) meat, poultry or fish choices; and
- At least two (2) pasta sauces.

The Team Hotel shall provide a large dining room to be used exclusively by the Teams (ideally set up with one or two tables per Team).

All the expenses related to food and beverages provided in accordance with this paragraph are to be borne by the Host. Extra meals and services (for example, minibar, extra snacks) required shall be provided and charged to the concerned persons directly.

2.7 TIME OF MEALS

As the Event participants plan their meals and rest times according to the Game Schedule and Practice Schedule, it is important for the Hotels to be flexible with the meal times.

The time of the meals shall be coordinated with the participants. Dinner shall be served until 1:30 a.m.

Service must be fast, capable of handling several Teams arriving at the same time and needing to eat quickly.