



Fuel for Focus: ADHD Snack Guide for Event Days

Brought to you by EventWell – Where Neuroinclusion Meets Practicality

Whether you're on site, managing logistics, running a panel, or firefighting behind the scenes, your ADHD brain needs consistent, protein-rich fuel to stay sharp, emotionally regulated, and functional.

These are easy-to-grab, low-faff snacks that support dopamine, keep blood sugar stable, and help avoid the dreaded 3pm crash.

Quick-Grab Protein Power (No Fridge Needed)

Great for on-the-go, in your kit bag, or backstage.

- ✓ Protein bars (aim for 10g+ protein, low sugar)
 - ✓ Roasted chickpeas, lentils or edamame snacks
 - ✓ Jerky or meat-free alternatives
 - ✓ Trail mix (nuts, seeds, dried fruit – watch added sugars)
 - ✓ Nut butter sachets (great with rice cakes or oatcakes)
 - ✓ Wholegrain crackers + nut/seed butter
 - ✓ Protein balls (DIY or shop-bought)
-



If You've Got a Fridge or Cooler Bag

Ideal for stand staff, green rooms, or back-of-house.

- ✓ Boiled eggs (portable dopamine!)
 - ✓ Greek yoghurt (high-protein and gut-friendly)
 - ✓ Cheese portions or Babybels
 - ✓ Chicken or tofu strips
 - ✓ Hummus pots + veggie sticks or crackers
 - ✓ Cottage cheese + fruit
 - ✓ Pre-made protein smoothies
-

When You Can Only Grab a Coffee Shop Snack

You're in a rush and Costa is calling? Try these:

- ✓ Egg bites or protein boxes
 - ✓ Tuna salad or boiled egg sandwiches (skip the mayo overload)
 - ✓ Yoghurt pots (look for high protein/low sugar)
 - ✓ Almonds or mixed nuts
 - ✓ Cow/Soya milk flat white + banana = better than a pastry crash
-



Snack Timing Tips for ADHD Brains

Time

Fuel Tip

Before Event

Eat protein within an hour of waking — it sets the tone.

Mid-Morning

Snack even if you're not hungry. It prevents the slump.

Lunch

Go balanced: protein + carbs + fat. Sandwich + yoghurt = win.

Afternoon

A mini protein hit saves you from grabbing sugar.

Post-Event

Replenish! You've burned energy. Think protein + hydration.

Extra Tips

- Don't wait until you feel shaky or overwhelmed — **pre-empt the dip.**
- Pack two extra snacks more than you think you need.
- **Hydrate!** ADHD brains love to forget water — add electrolytes if you've been running around.
- You're not being "extra." You're being *prepared*. 