

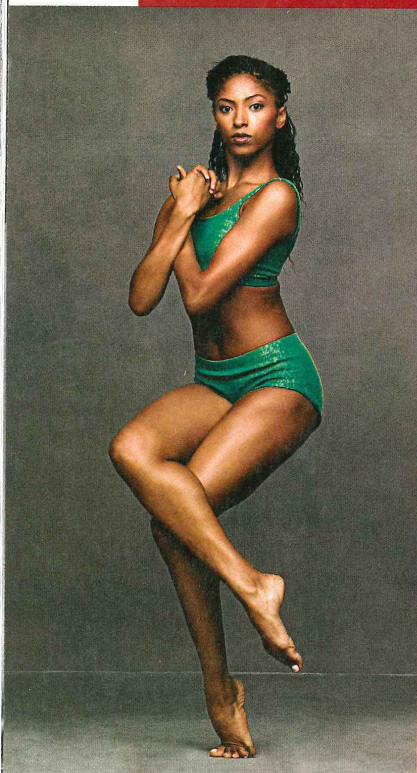
Jacqueline Green

ALVIN AILEY AMERICAN DANCE THEATER

MUST-BRINGS: "Tostitos chips and salsa—they don't need a refrigerator, and they make me happy. Also, I keep granola and oats in my theater case so that I have a snack right by my station in the dressing room."

GO-TO PLANE SNACKS: "I try to keep it light. On a travel day when you're standing around and not doing anything, you get hungry just because you're like, 'Oh, I'm not doing anything, let me eat.' I usually just have the nuts or pretzels that they bring out."

GROCERY LIST UPON ARRIVAL: "I'll pick up fruits that will last, like apples, bananas and oranges, and maybe some vitamin drinks, energy bars and granola bars. I love the strawberry Special K bars."



LOCAL FLAVOR: "I try to find a juicery in each city. It's expensive, and some dancers in the company travel with a NutriBullet so they can make juices themselves, but I don't really have the space in my theater case. I like green juices with kale, especially when they have apple in them, because it sweetens it. I try to drink juice two or three times a week. When I'm tired, it boosts my energy for the rest of the day."

RESTAURANT MEALS: "I like to get sushi before I perform. It's light, but it fills you. And if there's room service at the hotel, I'll order off the kid's menu, because they have smaller portions. I love chicken fingers or a chicken Caesar salad. I love any kind of soup. And I try to get a side of mixed vegetables, or something colorful on my plate. But I'm actually trying to figure out a way to not eat out so much on tour. We get a per diem, but it's still very expensive."

STRANGEST DISH TRIED: "I don't really venture too much—I love, love spaghetti Bolognese, so I order it all the time. Though I do like trying international fast food. There's something different about the taste. When we went to Zurich,

there was a McDonald's across the street, and everyone said, 'Oh, I'm not gonna go there.' But after performances, almost everywhere else was closed, so we caved. And it was really tasty!"



"I always bring power gels, little packets that cyclists use for energy. If we have a long day, I might take one before dancing. It doesn't give me the jitters like coffee would."

—ACACIA SCHACHTE

