



Healthy Snack Policy

In light of the fact that obesity and nutrition-related diseases are on the rise in North America, the Saltfleet Stoney Creek Soccer Club feels that promotion and modeling of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part in this issue. Whether as Players, Team Officials, Match Officials or as Supporters we all have a part to play. With the support of The OSA Club Excellence program, we are committed to helping improve the well-being of our community and in doing so have implemented a **Healthy Snack Policy since May 2012.**

A Healthy Snack Policy empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness. Children learn about healthy eating at school and need a supportive environment, both at home and in the community, to help put those lessons into action. The Saltfleet Soccer Club will help make this happen. Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the expectation is that half-time snacks, pre-game meals and post-game meals are to be healthy. Healthy foods and beverages are those that fall within Canada's Food Guide and align with the web links below. The Saltfleet Stoney Creek Soccer Club Healthy Snack Policy is maintained regardless of:

- Playing level (Competitive or Recreational)
- Location (Home or Away)
- or Purpose (Match or Training)

HEALTHY SNACKS GUIDELINE

Why Encourage Healthy Snacking?

As parents and coaches, you see what foods and beverages are brought to sporting events. Kids may get excited when the sweet, fat-laden snacks in glitzy packages are pulled out after the game. Yet, these are not the foods that help children to recover after physical activity.

Providing healthy snacks at community sports gives adults the chance to show children that healthy eating and physical activity are a winning combination. Children learn about healthy eating at school, but they need support at home and in the community to help put those lessons into action.

Young children need a variety of nutrients to be active. Water, protein, carbohydrates, fat, vitamins, and minerals all count towards making them good athletes. A well-nourished child can play better for longer, stay more alert, and recover more quickly.

Visit the following website for free snack schedules and snack ideas:

<http://www.hamilton.ca/HealthandSocialServices/PublicHealth/Nutrition/All+Star+Snacks+Playbook.htm>