

## **Waterloo Minor Soccer Club Healthy Snack Policy**

In light of the fact that obesity and nutritional deficiency related diseases are on the rise in North America, the Waterloo Minor Soccer Club is committed to promoting and modeling healthy eating habits and balanced lifestyles to members of our Club.

Players, Team Officials, Match Officials and Supporters all have a part to play to encourage healthy nutritional choices. 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.

Children need a supportive environment, both at home and in the community to help them make healthy choices. Waterloo Minor Soccer Club can help make this happen through education and advocating nutritionally appropriate half-time snacks, pre- and post-game meals as well as treats. Waterloo Minor Soccer Club Healthy Snack Policy is maintained regardless of:

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

A Healthy Snack Policy empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness.