



Healthy Snack Policy

In light of the fact that obesity and nutritional deficiency-related diseases are on the rise in North America, the **Erin Mills 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 January 1, 2001.

Children learn about healthy eating at school, but they need a supportive environment, both at home and in the community to help put those lessons into action.

The **Erin Mills Soccer Club** can help make this happen. Community sports also provides adults with an opportunity to become role models for healthy eating. Please take the time to consider appropriate half-time snacks, pre- and post-game meals as well as treats. The **Erin Mills 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.

For further information on providing proper nutrition and maintaining a balanced lifestyle, please check the link below.

<https://www.verywellfamily.com/healthy-half-time-snacks-1257125>