



Healthy Snack Policy

Obesity and nutritional deficiency-related diseases are on the rise in North America. As a soccer club, Capital United, has a role to play. We feel 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 new Healthy Snack Policy, which is effective January 2011.

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. Capital United 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. Contact our Health and Safety Director, Rachel Muir, for our guidelines on healthy eating for our athletes. This 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 this link:

http://familyfitness.about.com/od/nutrition/a/halftime_snacks.htm.