



## **HEALTHY SNACKS AT THE SOCCER FIELD**

Since obesity and nutrition-related diseases are on the rise in North America, and that the greatest success on the soccer field is fueled by nutritious, healthy foods, the North Durham Football Club supports promotion and modeling of healthy eating habits and balanced lifestyles to our youth.

The North Durham United FC Healthy Snack policy encourages participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness.

As such, the expectation is that half-time snacks, pre-game meals, and post-game meals are to be healthy. For more information about healthy foods and beverages, consult Canada's Food Guide and the Durham Region Health Department.

### **CHECKLIST**

When preparing snacks to bring to the soccer field for your child and the team, choose foods that are nutritious and thirst quenching.

- **Nutritious** – try vegetables, fruit, whole grains, low fat milk or cheese
- **Water** – it is the best thirst quencher, drink more when active or in hot weather; can be served with fruit slices for flavour
- **Food Safety** – prepare food on clean surfaces with clean hands and utensils; pack food in an air tight container; use ice packs and insulated bags or cooler to keep foods cold
- **Food Allergies** - please avoid the following ingredients: Nuts, high sugar & fructose/glucose products

**\*Please keep packaging to a minimum and bring a garbage bag.** The paper and plastic packaging on products, if left on the fields, can cause our mowers to breakdown.

**\*Remember that at halftime our U8 – U15 players only have 5 minutes or less to consume a rehydrating snack.**

Some examples of quick and healthy team snacks include:

- Water - the best thirst quencher
- Fresh fruit (oranges segments, apple slices, berries, kiwi, bananas, watermelon)

- Low fat cheese strings (20% MF or less)
- Small 6" Freezies or popsicles made with 100% fruit juice
- Granola bars (look for high fibre (>2g), low fat (< 3g), & lower sugar or fruit bars)
- Chocolate or white milk
- A variety of crunchy whole grain cereals (e.g. Cheerios)

Due to the prevalence of nut allergies, please check the ingredients of packaged products. Nuts or items containing nuts or peanut butter should not be chosen as a shared group snack.