



## Carleton Place Soccer Club Inc.

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### Policy #9-2013

#### Healthy Snack Policy

In light of the fact that obesity and nutrition-related diseases are on the rise in North America, the Carleton Place Soccer Club 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 **Healthy Snack Policy** since February 2013.

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. Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the CPSC encourages half-time snacks, pre-game meals and post-game meals are to be part of a healthy balanced lifestyle. Healthy foods and beverages are those that fall within Canada's Food Guide and align with the web links below. The Carleton Place Soccer Club Healthy Snack Policy is encouraged regardless of:


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


For further information on providing proper nutrition and maintain a balanced lifestyle, please check the links on our website.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Policy Voted/Accepted at the Board of Director's meeting:

March 19<sup>th</sup> 2013

Policy Signed by:  on March 19<sup>th</sup> 2013.  
Bradley Simpson, President Date

Policy Signed by:  on 19 MAR 13  
Mark Dorland, Secretary Date