PETERBOROUGH CITY SOCCER ASSOCIATION

Healthy Snacks Policy

In light of the fact that obesity and nutrition-related diseases are on the rise in North America, the Peterborough City Soccer Association ("PCSA") 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 July 2015**.**

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. The PCSA will help make this happen.

Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the expectation is that snacks before and after games, pre-game meals and post-game meals are to be healthy. Healthy foods and beverages are those that fall within Canada's Food Guide and align with the web links below. The PCSA Healthy Snack Policy is maintained regardless of:

- Activity (Game, Practice, Training, Camp)
- Location (Home or Away) or
- Playing Level (Recreational or Competitive).

An overview about the relationship between energy and physical activity:

Energy in - Energy Out   Energy to Fuel Physical Activity

For further information on providing proper nutrition and maintaining a balanced lifestyle, please refer to the excellent information on these bulletins from Eat Right Ontario, endorsed by the Ontario Soccer Association.

Water and Hydration   Quick and Healthy Snacks
All Star Snacks   Snacks for the Home Field
Responding to Snack Challenges   Go for Green
Peanut Allergies   Put Bacteria in the Penalty Box
Sun Safety