



## **Healthy Snack Policy**

[Nutrition Tips for Coaches – Healthy Snacks](#)

### **Purpose:**

To encourage healthy eating habits in Members of the East York Soccer Club's community.

### **Policy:**

The East York Soccer Club is committed to helping improve the health of Members of our community. In light of increased obesity in children and adults, the Club has the opportunity, through its staff, adult coaches, players, referees and volunteers, to promote and model healthy eating practices.

Therefore, we actively encourage parents and coaching staff to pack healthy snacks for team practices, games and tournaments. This policy applies regardless of the level of play (House League or Competitive), or whether the match or practice is in East York or outside the area.