



## **Guelph Soccer Healthy Snack Policy**

### **Purpose**

To encourage healthy eating habits in members of the Guelph Soccer community.

### **Policy**

Guelph Soccer is committed to helping improve the health of members of our community. In light of increased obesity in children and adults, Guelph Soccer 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 Representative), or whether the match or practice is in Guelph or outside the city limits.