



THE INTERNATIONAL SOCCER CLUB

HEALTHY SNACK POLICY

Obesity and nutrition-related diseases are on the rise in North America, the International Soccer Club therefore 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. In alignment with Ontario Soccer and Canada Soccer, we are committed to helping improve the wellbeing of our community and in doing so have implemented a Healthy Snack Policy.

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. International Soccer Club 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 half-time snacks, 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. International Soccer Club Healthy Snack Policy is maintained 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 visit these links

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, produced by the City of Hamilton and 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