

Choose to Boost Veggies & Fruit

**Give junk food the boot.
Choose veggies & fruit!**

**Pledge to bring back
healthy sideline snacks!**

Did You Know...

...children who play sports are more likely to eat sugary foods & drinks than children who do not play sports?

One of the factors is that team sideline snacks have become overrun with sugary and salty treats like cookies, granola bars, chips, cupcakes, Freezies, juice boxes and other sugary drinks.

Gone are the days of providing orange & watermelon slices as team snack.

As well, many children in minor sports choose to drink sports drinks despite rarely this being necessary.

Vegetables, fresh fruit and water give our kids the strength they need to run, jump and play! Well-nourished kids play better and longer, stay more alert and recover more quickly.



Benefits Include...

FOR COACHES AND SPORT ADMINISTRATORS

- Shows parents and the local community that the team/league values the health of its team members.
- Shows your interest and support for healthy eating.
- Highlights the importance of how healthy food choices supports sport performance.
- Presents clear expectations of what can be provided to the team at sporting events or practices.

FOR PARENTS

- Makes sure healthy food choices will be offered to the team on a regular basis.
- Helps parents learn about healthy eating through the team/league and their own children.
- Supports families and individuals to make healthy food choices.
- Makes it easier to know what to bring for the team & makes the healthy food choice the easier choice!

FOR CHILDREN

- Increases availability of healthy food which is important for sport performance.
- Allows children to have positive role models for healthy eating. They look up to their coaches!
- Children get the same message about healthy eating that they get in school.
- Makes the healthy food choice the easier choice!

Above benefits have been adapted from the following:
Benefits of a Healthy Food Choices Policy
Lambton Public Health, lambtonhealth.on.ca.

