



CAMBRIDGE YOUTH SOCCER INC.

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Operators of the COMDEV Indoor Soccer Park

Cambridge Youth Soccer Healthy Snacks Policy

Obesity and nutrition-related diseases are on the rise in North America, even amongst athletes. Cambridge Youth Soccer Club feels that promotion and modelling of healthy eating habits and balanced lifestyles to members of our club can play a crucial part in this issue. Whether as Players, Parents, Team Officials, Game Officials or as Supporters we all have a part to play. With the support of The OSA Club Excellence program, CYS is committed to helping improve the well-being of our community and in doing so have implemented a **Healthy Snack Policy**.

A Healthy Snack Policy empowers participants to nourish their bodies in appropriate quantities and at appropriate times, limiting 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.

Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the expectation is that snacks during or 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. CYS'

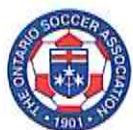
Healthy Snack Policy is maintained regardless of:

Activity - Game, Practice, Training, Camp

Playing level (Competitive or Recreational)

Location (Home or Away)

Adopted by CYS Board of Directors – June 2, 2013



Ontario Soccer Association Club Excellence
Silver Award Recipient 2013

