



# Healthy Eating Policy - For U18's

## Policy Statement

- North United FC recognises that healthy eating is an important part of a healthy lifestyle, and provides us with energy to live, learn and play
- Is committed to creating an environment that supports healthy eating.

## Policy Goal

To promote healthy eating behaviours by creating supportive nutrition environments.

## Policy Objective

To ensure that members are provided with healthy team snacks (when offered) during practices and games.

## Guiding Principles

Coaches have the responsibility to:

- Ensure that all team members and parents/guardians are made aware of this policy
- Support and contribute to the implementation of this policy
- Manage the review of this policy.

Parents/guardians are encouraged to:

- Provide healthy team snacks (when offered) during practices and games
- Seek clarification from coaches where required
- Support awareness of this policy among fellow parents.

## Snack Ideas

- Fresh cut veggies (carrots, cucumber, celery) and stringed or cut up cheese
- Unsweetened applesauce pouches or cups
- Fresh cut fruit (watermelon, oranges, apples, bananas, grapes, cherries, apricots)
- Canned peaches or fruit cups (packed in juice)

- Homemade peanut-free trail mix: dried fruit mixed with whole grain cereal
- Whole grain granola bars
- Stringed or cut up cheese and whole grain crackers or mini whole grain pitas
- Frozen yogurt tubes
- Encourage drinking water before, during and after physical activity.

### **Communication**

- New members will be informed of this policy and same will be made available on our website.

### **Review**

- This policy will be reviewed at the start of each year/season.