

BRYST Healthy Snack Policy

Obesity of nutrition-related diseases are on the rise in North America, even amongst athletes.

BRYST feels that promotion and modelling of healthy eating habits and balances 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 Ontario Soccer Club Excellence program, BRYST 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 postgame meals are to be healthy. Healthy foods and beverages are those that fall within Canada's

Food Guide and BRYST' Healthy Snack Policy is maintained regardless of:

Activity – Game, Practice, Training, Camp

Playing Level (Competitive or Recreational)

Location (Home or Away)