



## **Bryst Healthy Snack Policy**

**Aligned with Ontario Soccer & Canada Soccer Standards**

### **1. Purpose**

Bryst is committed to promoting the health, safety, and well-being of all participants. This Healthy Snack Policy supports the nutritional guidance encouraged by **Ontario Soccer** and **Canada Soccer**, ensuring that players fuel properly for training and competition.

### **2. Guiding Principles**

This policy follows Canada Soccer's Safe Sport and wellness guidelines, as well as Ontario Soccer's recommendations on creating safe, supportive training environments. Bryst encourages:

- Healthy nutrition habits
- Safe and allergy-aware snack choices
- Positive role modelling by coaches and parents

### **3. Approved Snack Guidelines**

Players are encouraged to bring snacks that:

- Support energy and hydration for soccer activities
- Are minimally processed
- Contain little to no added sugars
- Are nut-free and allergy-conscious

### **Examples of Recommended Snacks**

- Fresh fruit (apples, bananas, berries, oranges)

- Cut vegetables (carrots, cucumbers, peppers)
- Whole grain options (granola bars without nuts, whole grain crackers)
- Yogurt cups or tubes
- Cheese sticks
- Plain popcorn

#### **Recommended Hydration Options**

- Water (strongly encouraged)
- Electrolyte beverages only when necessary and approved by parents

#### **4. Snacks Not Permitted**

To align with safety and nutrition standards, the following are **not allowed** at Bryst programs, practices, or games:

- **Nut-containing products** (due to allergy risks)
- Candy, chocolate bars, and high-sugar treats
- Energy drinks or caffeinated beverages
- Fast-food meals brought into training areas
- Sugary sodas or carbonated beverages

#### **5. Timing of Snacks**

To support performance and safety:

- Light snacks should be consumed **30–60 minutes** before activity.
- Heavy meals should be avoided immediately prior to training or games.
- After sessions, healthy recovery snacks are encouraged.

#### **6. Responsibilities**

##### **Players & Families**

- Bring appropriate snacks and hydration based on this policy.
- Respect allergy-sensitive environments.

##### **Coaches & Team Staff**

- Model healthy nutrition behaviours.
- Reinforce the healthy snack policy at practices and games.
- Maintain a nut-free and allergy-aware environment.

#### **Club Administration**

- Communicate updates in accordance with Canada Soccer and Ontario Soccer nutrition guidelines.
- Provide reminders during registration periods and team meetings.

### **7. Compliance**

Failure to follow the Healthy Snack Policy may result in:

- Removal of prohibited snacks from training areas
- Notification to parents or guardians
- Additional reminders or policy reviews where necessary

### **8. Policy Review**

This policy will be reviewed annually and updated to reflect:

- Changes to Ontario Soccer and Canada Soccer wellness recommendations
- Evolving health guidelines and participant needs