



HEALTHY SNACK POLICY

In light of the fact that obesity and nutritional deficiency-related diseases are on the rise in North America, Futsal Club Toronto 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, Team Officials, Match Official or as Supporters, we all have a part to play. With the support of the OSA, we are committed to helping improve the well being of our community and in doing so have implemented a ***Healthy Snack Policy***.

Children learn about healthy eating at school, but they need a supportive environment, both at home and in the community to help put those lessons into action. Futsal Club Toronto can help make this happen. Community sports also provide adults with an opportunity to become role models for healthy eating. Please take the time to consider appropriate half-time snacks, pre and post-game meals as well as treats. Healthy foods and beverages are those that fall within [Canada's Food Guide](#) and align with the information linked to below.

Futsal Club Toronto Healthy Snack Policy is maintained regardless of:

- Playing Level (competitive or recreational)
- Location (home or away) or
- Purpose (match, training)

A Healthy Snack Policy empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness.

For further information on providing proper nutrition and maintaining a balanced lifestyle, please refer to the excellent information on bulletins from Eat Right Ontario, produced by the City of Mississauga and endorsed by Ontario Soccer.