



HEALTHY SNACKS POLICY

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In light of the obesity and nutritional deficiency-related diseases are on the rise in North America, Big Country Soccer Association believes that promotion and modeling of healthy eating habits and balanced lifestyles to our members can play a crucial part in this issue. Whether players, team officials, Match Officials and/ or supporters, we all have a part to play. Big Country Soccer Association is committed to helping improve the well-being of our soccer community program and in doing so has implemented this 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. Big Country Soccer Association can help make this happen through awareness of the importance of proper eating habits and how they support player performance, especially as they age with the sport and play into the more competitive age levels.

Community sports also provide adults with the opportunity to become role models for healthy eating. Please take time to consider appropriate half-time snacks, pre- and post-game meals as well as treats. There is a lot of good source information available.

This policy is in place 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 visit the following link as a start to educating yourself on how you can contribute to your youth player's health and well-being in the sport.

[Family Fitness- Half-Time Snack](#)

Reference

Big Country Soccer Association Policy (*Ref: BCSA-POL-001*)