


LaSalle Stompers Soccer Club 	Healthy Snacks Policy			Page 1 of 2
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Obesity and nutrition-related diseases are on the rise in North America, even amongst athletes. LaSalle Stompers Soccer Club feels that promotion and advertising of healthy eating habits and balanced 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 OSA Club Excellence program, LSSC is committed to helping improve the well-being of our community and in doing so has implemented a Healthy Snack Policy since March 2012.

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. LaSalle Stompers Soccer Club commits to help make this happen.

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 post-game meals are to be healthy. Healthy foods and beverages are those that fall within Canada's Food Guide and align with the information linked to below. LSSC Healthy Snack Policy is maintained regardless of:

1. The Activity - Game, Practice, Training, Camp
2. The Playing level (Competitive or Recreational)
3. The Location (Home or Away)


Healthy Snack Examples, LaSalle Stompers Soccer Club will promote, are as follows:

Snacks with Fruit

- Fresh fruit: apples, bananas, grapes, berries, peaches, plums, pears, oranges, tangerines, clementines, grapefruit, melon, kiwi, pineapple, mango. Serve whole or mix up into a salad, or line up chunks on a skewer for a fruit kabob (use a wooden skewer and snip off the sharp tip before serving to young children)
- Dried fruit: raisins, Craisins, apricots, prunes, dates; fruit leathers or roll-ups made from 100% fruit (check labels carefully)
- Freeze-dried fruits
- Canned fruit packed in water or light syrup: peaches, pineapple, pears, mandarin oranges; or applesauce (again, check labels carefully to avoid added sugars)
- Frozen fruit: Blend into smoothies with low-fat milk or yogurt
- 100% fruit juice or frozen juice pops (less fiber than whole fruit, but still offers some nutritional benefits)

Snacks with Vegetables

- Carrots
- Celery
- Sugar snap peas
- String beans
- Cucumbers

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- Bell peppers
- Broccoli
- Cauliflower
- Grape or cherry tomatoes
- Avocados

Safety note: Remember that large chunks of hard, raw vegetables and fruits can be a choking hazard. Use caution when serving children under 5. Chop into small pieces or steam lightly to soften.