



# BASEBALL NEWFOUNDLAND AND LABRADOR

## BASEBALL NEWFOUNDLAND AND LABRADOR HEALTHY EATING POLICY

Baseball Newfoundland and Labrador (BNL) has adopted a new policy concerning healthy eating issues surrounding our championships and other events in Newfoundland and Labrador. Our goal is to help athletes, parents and spectators in choosing healthier food and beverages, and supporting local products and business whenever possible. It is also the goal of BNL to maintain a tobacco-free environment for our athletes, parents and spectators during any of our events.

Food choices that include vegetables, fruit, whole grains, lower fat milk products and leaner meats to prevent chronic disease help to keep athletes performing at their best, and promote healthy living choices.

At all our events, including tournaments, camps, and clinics, we will strive to:

- ✓ Provide a selection of fruit and vegetables.
- ✓ Provide whole grain products as often as possible.
- ✓ Offer milk products as well as water.
- ✓ Offer lower fat dairy snacks (yogurt, cheese, etc.).
- ✓ Promote and provide proper portion size information.
- ✓ Encourage and promote material and information about healthy living and eating.

For more information, please visit:

<http://www.recreationnl.com/programs-events/eat-great-participate/>



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