North Scarborough Soccer Club

Healthy Snack Policy

Purpose:

To encourage healthy eating habits in Members of the North Scarborough Soccer Club's community.

Policy:

The North Scarborough Soccer Club is committed to helping improve the health of Members of our community. In light of increased obesity in children and adults, the Club has the
Opportunity, through its staff, adult coaches, players, referees and volunteers, to promote
and model healthy eating practices.
Therefore, we actively encourage parents and coaching staff to pack healthy snacks for team practices, games and tournaments. This policy applies regardless of the level of play (House League or Competitive), or whether the match or practice is in North Scarborough or outside the area.