



Pickering Soccer Club
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HEALTHY SNACK POLICY

Introduction

The Pickering Soccer Club (PSC) is committed to taking all reasonable steps to promote and mentor healthy eating habits and balanced lifestyles to our members. We are committed to helping improve the well being of our community. 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. We can help make this happen. Community sports provide adults with the opportunity to role model healthy eating.

Scope of Policy

We are encouraging our coaching staff and parents to pack healthy snacks for team practices, games and tournaments. Please take the time to consider appropriate half-time snacks and pre- and post-game meals and treats. Whether the game is at home or away, at the competitive or recreational level, the policy will be in effect. This will allow our players to nourish their bodies appropriately and limit ingredients that will impede performance.