

Choose to Boost Veggies & Fruit

Give junk food the boot. Choose veggies & fruit!
Support healthy sideline snacks this season!



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Dear Coach,

The 2018 summer sporting season is upon us! We hope that this season you will continue with your support to giving junk food the boot and choose to boost veggies and fruit!

We encourage you to communicate to your parents/guardians and players the importance of healthy sideline snacks. You could do so through the following means:

1. Send out an email to your parents/guardians that explains that you, as coach, and your association recommend that if snacks are provided after games or practices that they are preferably vegetables, fruit and water.
2. Provide a copy of the Healthy Sideline Snack Card, as shown on page 6, to all parents/guardians through email and/or at the first game or practice.

You could include a link to the Bring Back Healthy Sideline Snacks Video in your email communication. You can view this video at: <https://animoto.com/play/FE3qylbD2p1bOiUp7VdahQ>.

For more information on the benefits of vegetables and fruit for team sideline snacks, please refer to the resources contained in this package.

Please join us in supporting healthy sideline snacks! We are looking forward to having a fun and healthy season. Thank you in advance for your support.

Sincerely,

NADINE DEVIN

Project Manager, County of Middlesex Healthy Kids Community Challenge

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Did You Know...

...children who play sports are more likely to eat sugary foods & drinks than children who do not play sports?

One of the factors is that team sideline snacks have become overrun with sugary and salty treats like cookies, granola bars, chips, cupcakes, Freezies, juice boxes and other sugary drinks.

Gone are the days of providing orange & watermelon slices as team snack.

As well, many children in minor sports choose to drink sports drinks despite rarely this being necessary.

Vegetables, fresh fruit and water give our kids the strength they need to run, jump and play! Well-nourished kids play better and longer, stay more alert and recover more quickly.



Benefits Include...

FOR COACHES AND SPORT ADMINISTRATORS

- Shows parents and the local community that the team/league values the health of its team members.
- Shows your interest and support for healthy eating.
- Highlights the importance of how healthy food choices supports sport performance.
- Presents clear expectations of what can be provided to the team at sporting events or practices.

FOR PARENTS

- Makes sure healthy food choices will be offered to the team on a regular basis.
- Helps parents learn about healthy eating through the team/league and their own children.
- Supports families and individuals to make healthy food choices.
- Makes it easier to know what to bring for the team & makes the healthy food choice the easier choice!

FOR CHILDREN

- Increases availability of healthy food which is important for sport performance.
- Allows children to have positive role models for healthy eating. They look up to their coaches!
- Children get the same message about healthy eating that they get in school.
- Makes the healthy food choice the easier choice!

Above benefits have been adapted from the following:
Benefits of a Healthy Food Choices Policy
Lambton Public Health, lambtonhealth.on.ca.





Bring Back **Healthy** Sideline Snacks

Example: Healthy Snack Guidelines

Association Name

(Insert association or league name here)

- Recognize that healthy eating is an important part of a healthy lifestyle and provides us with energy to live, learn and play.
- Is committed to creating an environment that supports healthy eating.

Guidelines: When snacks are offered by parents/guardians or coaches during practices and games, we encourage the provision of healthy snack options, with preference given to providing vegetables and/or fruit and water.

Guiding Principles:

The association and coaches have the responsibility to:

- Ensure all team members and parents/guardians are aware of these guidelines.
- Support and contribute to the implementation of these guidelines.

Parents/guardians are encouraged to:

- Provide healthy team snacks (when offered) during practices and games.
- Seek clarification from coaches where required; and
- Support awareness of these guidelines among fellow parents/guardians.

Communication:

- All coaches will be made aware of these guidelines at the commencement of each year/season, and when possible a copy included in the coaches manual.
- All parents/guardians will be made aware of these guidelines when enrolling their player, and when possible, provided with a copy of the Healthy Sideline Snacks Card.

Review

- These guidelines will be reviewed at the start of each year/season.

Signature: _____ Date: _____

Adapted with permission from Lambton Public Health, January 2018

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Helpful Tips

HEALTHY KIDS
COMMUNITY CHALLENGE
COUNTY OF MIDDLESEX
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- ◆ Parents, life is busy enough! Snacks don't need to be fancy.
- ◆ Have the vegetables or fruit washed and ready to grab and eat.
- ◆ Use snack sized baggies or small paper cups for portioning your snack.
- ◆ Pack in a cooler or container with ice packs to keep cool.

Healthy Snack Ideas

Apples	Peaches	Sugar snaps	Carrots
Oranges	Cantaloupe	Mango	Peppers
Watermelon	Strawberries	Cucumbers	Celery
Grapes	Blueberries	Cherry Tomatoes	Honey Dew
Cherries	Blackberries	Clementines	Melon
Kiwi	Bananas	Plums	Cucumber
Pears	Pineapple	Nectarines	Apricots



My Scheduled Snack Day(s) are: _____

Water Does Wonders!

Drinking water is the way to

GO!

HEALTHY KIDS
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Approximately 20 to 25% of daily water intake comes from foods such as vegetables and fruit. Choosing vegetables and fruit for sideline snacks keeps kids hydrated and gives them energy to play.

Look at how hydrating these veggies and fruit are!

- Watermelon – 92% is water
- Celery – 95% is water
- Cucumbers – 96% is water



Sports drinks are rarely necessary for children involved in minor sports. Kids need to drink lots of water before, during, and after being active, especially in hot and humid weather.

A good goal is to drink ½ to 2 cups of water every 15 to 20 minutes of activity.

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Thank you for giving junk food the boot
& supporting healthy sideline snacks!

