

## Milton Magic Soccer Club Healthy Snack Policy

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Milton Magic FC (MILTON MAGIC FC) 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. 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.

Beverage/Snack Guidelines MILTON MAGIC FC promotes healthy snack choices and requests that parents/guardians and coaches adhere to the following guidelines when planning their beverage/snack rotation:

- Ensure you bring a beverage and/or snack for each player on the team
- Check for food allergies/sensitivities at the beginning of the season to ensure no players are left out
- Provide a healthy, non-carbonated beverage
- Provide healthy, nut-free snacks
- Notify your coach if you are unable to/decline to provide the beverage/snack on your assigned week

We recommend using the TeamSnap Chat option to communicate and rotate the snack schedule by players.