



Bring Back **Healthy** Sideline Snacks

Healthy Snack Guidelines

Strathroy United FC

- 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

Choose to Boost Veggies & Fruit

Give junk food the boot.
Choose veggies & fruit!

Pledge to bring back
healthy sideline snacks!

Helpful Tips



- ◆ 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!



hkcc.middlesex.ca



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.