

# Choose to Boost Veggies & Fruit

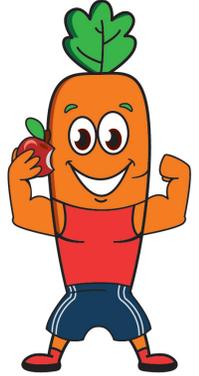
Give junk food the boot.  
Choose veggies & fruit!

Pledge to support water &  
healthy snacks!

## 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 snacks have become overrun with sugary and salty treats like cookies, granola bars, chips, cupcakes, donuts, juice boxes and other sugary drinks.

As well, many children in minor sports choose to drink sports drinks despite rarely this being necessary. In fact, the Canadian Pediatric Society just released a position paper that sports drinks are generally unnecessary for children and youth and can pose potential health risks. Water generally is the way to **GO!**



## THE CHALLENGE?

We are pleased to offer hockey teams an opportunity to support healthy kids. To be eligible, the challenge is simple!

1. If your team has a snack schedule or if you as a coach or your parent(s) routinely bring in snacks for after games or practices we encourage you to choose veggies & fruit!
2. Encourage your players to GO for water. Let them know that sports drinks are generally not necessary for young athletes.

## WHAT IS IN IT FOR TEAMS?

All teams who pledge will be automatically entered to win **one of three \$200 prizes**, funding that can be used to support team equipment!

## HOW DO I PLEDGE?

To be eligible, go to [hkcc.middlesex.ca](http://hkcc.middlesex.ca). Click on the **Minor Sports** tab then **Team Pledge**. Deadline for pledges is **November 1, 2017**.

Please join us in leading the change in support of healthy snacks for kids in sports! We are looking forward to having a fun and healthy season.

Thank you for your support and cooperation.

Sincerely,

### NADINE DEVIN

*Project Manager, County of Middlesex Healthy Kids Community Challenge*

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