



### **Newfoundland and Labrador 5 Pin Bowlers' Association**

The NL5PBA has adopted a new policy concerning healthy eating at our events in Newfoundland and Labrador.

Foods such as vegetables, fruit, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases, help to keep athletes performing at their best, promote healthy living choices, and help to maintain healthy communities.

At all our events, including tournaments, camps and clinics, we will strive to:

- Provide a selection of fruits and vegetables
- Provide whole grain products as often as possible
- Offer milk products as well as water
- Offer lower fat dairy snacks (yogurt, cheese)
- Encourage and promote material/information about healthy living and eating

This Policy will be distributed to all members and be in effect as of May 1<sup>st</sup>, 2016