



## Healthy Eating Policy for Newfoundland and Labrador Ball Hockey Association

**Newfoundland and Labrador Ball Hockey Association** is concerned about health issues. The Board of Directors is interested in increasing the availability of healthy food and beverage choices, being physically active, staying tobacco-free, caring for the environment and supporting local products.

What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play.

Foods such as vegetables, fruit, whole grains, lower fat milk products and lean meats help prevent chronic diseases. A Provincial Sport Organization supportive of healthy food and beverage choices helps create and maintain healthy individuals and communities, and helps enhance the athletic performance of its members.

Offering healthy food and beverage choices is important in striving for a healthy lifestyle. Therefore, effective May 2016, when food and beverages are served at **Newfoundland and Labrador Ball Hockey Association** operated events the organization will follow our healthy eating policy.

**We will do our best to offer at least two (2) of the following healthy choices according to Canada's Food Guide:**

- ❖ Fruits/Vegetables
- ❖ Milk White or Chocolate 1% or 2%
- ❖ Lots of fluids water/100% fruit/vegetable juice
- ❖ Lean meat and alternatives (e.g. lean ground beef, eggs ,tuna, peanut butter)
- ❖ Whole grain products (e.g. wraps, breads etc.)

**We will also do our best to:**

- ❖ Encourage young athletes to choose healthy food and beverage choices by making the link between nutrition, health and athletic performance
- ❖ Provide smaller portion sizes
- ❖ Choose fruits and vegetables

This policy will take effect as of May 2016 for **all events** under the responsibility and operation of **Newfoundland and Labrador Ball Hockey Association**