



Healthy Eating Policy for Junior Rugby Programs Hosting Events, the Newfoundland Rugby Union is concerned about health issues:

- ✓ **Many community members are interested in choosing healthier foods and beverages, being physical 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.**

- ✓ **Food such as vegetables, fruit, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy communities.**

- ✓ **Offering healthy choices is important in striving for a healthy community. We will do our best to offer:**
 - **fruit more often,**
 - **a variety of whole grain products**
 - **skim, 1% or 2% milk and lower fat milk alternatives (yogurt, cheese)**
 - **Provide smaller portion sizes**
 - **Serve plain water**
 - **Choose green options when possible**
 - **Always encourage healthy options.**