



## **Special Olympics Newfoundland and Labrador (SONL)**

### **Healthy Eating Policy**

SONL recognizes the importance of healthy eating and the health of its members. The Board of Director, RLC, staff, coaches and volunteers are interested in the availability of healthy food and beverage choices as well as 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 recreation, sport and community environment supportive of healthy food and beverage choices helps create and maintain healthy individuals and communities. Offering healthy choices is important to striving for a healthy community.

SONL along with member clubs will do their best to:

- Offer vegetables and fruit more often
- Whole grain or whole wheat products
- Offer skim, 1% or 2% white or chocolate milk, yogurt and/or cheese
- Lean meat and alternatives
- Serve plain water
- Choose green options when possible
- Serve smaller portion sizes
- Always encourage healthy options

SONL and its members adopt the above Healthy Eating policy for the SONL hosting of events.