

# Healthy Eating Policy – SailNL

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SailNL is committed to encouraging a lifestyle that promotes healthy food choices.

## General Points

- Participants in programming associated with SailNL are educated and informed about making good healthy choices both for the particular sport activity as well as for overall lifestyle choices.
- Participants involved in sailing are interested in being physically active, choosing healthy foods and beverages, and minimizing impact on the environment by choosing local or green products.
- Participants in programming associated with SailNL are educated about pre and post meals for on-water activities, and healthy meal preparation.

## On-water specifics

- Due to long on-water training periods and long racing days on the water, there is a need for higher awareness for both athletes and participants to:
  - Rehydrate regularly
  - Re-nourish regularly (such as eating healthy high caloric options)
- Coaches are responsible for ensuring timing and access to snacks and water.
  - Scheduling water and snack breaks in sessions
  - Events: ensuring participants re-nourish regularly
  - Encourage healthy eating to sailors
  - Integrating healthy eating choices into the curriculum
- In order to protect our oceans SailNL will advocate for using reusable water bottles and containers to prevent plastics from entering our oceans.
  - All waste accumulated will be stored in a bins in our coaching and race official boats.

## Action Points

- Participants will receive education in making beneficial daily choices
- SailNL will strive to foster an environment that highlights
  - Fruit & Vegetables
  - Whole Grain Products
  - Water Consumption, using reusable bottles
  - Promote attention to healthy eating through social media
  - Promote educational websites (e.g. coach.ca /sport nutrition or eatright.org)
- SailNL will act to protect the environment by educating and making sustainable choices.