

11.0 Healthy Eating

The UNL organization is committed to making its events a healthy place for athletes in order to foster the conditions needed to realize the potential of all players. A healthy eating environment enhances player learning and success, and adds to the players social and emotional well-being. UNL has an important role to play in helping youth and adult players lead healthier lives not only through an active lifestyle, but also through healthy eating. The implementation of this policy is another important step in creating a healthier environment for the sport of Ultimate in this province.

In addition to promoting physical activity, UNL is proud to be focusing on health. UNL has three guiding principles that has led to this Healthy Eating Policy and will be applied to the food and beverages offered to the Membership:

- To respect the greater nutritional needs of athletes
- To respect the general goals of Canada Food Guide

To promote making healthy food choices