



**Newfoundland Labrador Volleyball Association (NLVA)
Healthy Eating Policy**

The NLVA has adopted a new policy concerning healthy eating issues surrounding our events in Newfoundland and Labrador. Our goal is to help athletes/ parents/ Spectators in choosing healthier foods and beverages, and staying tobacco-free environment and supporting local products and businesses whenever possible.

Food choices that include vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases, help keep athletes performing at their best, and promote healthy living choices.

We will implement this policy at the start of our Provincial team program on May 1st. From that date forward, the NLVA will be committing to the following:

At all our events, including tournaments, camps, clinics, and sessions, we will strive to:

- ✓ Provide a selection of fruits and vegetables
- ✓ Provide whole grain products as often as possible
- ✓ Offer milk products as well water
- ✓ Offer lower fat dairy snacks (yogurt, cheese)
- ✓ Promote and provide proper portion sizes
- ✓ Encourage and promote material and information about healthy living and eating.

This Policy will be distributed, published and be in effect as of May 1st 2015.