



Maple Leaf – Cavan FC – Healthy Snack Policy

In light of the fact that obesity and nutritional deficiency-related diseases are on the rise in North America, Maple Leaf – Cavan FC feels that promotion and modeling of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part in this issue.

Whether as Players, Team Officials, Match Officials or as Supporters we all have a part to play. With the support of The OSA Club Excellence program, we are committed to helping improve the well-being of our community and in doing so have implemented a **Healthy Snack Policy** since February 2012.

Children learn about healthy eating at school, but they need a supportive environment, both at home and in the community to help put those lessons into action. Maple Leaf – Cavan FC can help make this happen. Community sports also provide adults with an opportunity to become role models for healthy eating. Please take the time to consider appropriate half-time snacks, pre- and post-game meals as well as treats. Maple Leaf – Cavan FC Healthy Snack Policy is maintained regardless of:

- Playing level (Competitive or Recreational)
- Location (Home or Away) or
- Purpose (Match, Training).

A Healthy Snack Policy empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness.

Please see the list of healthy snack links listed on www.mlcfc.com > about us > boardroom