


Healthy Food Choices Policy


Developing and adopting a team healthy food choices policy ensures players are offered healthy team snacks at practices and games. A Healthy Food Choices Policy shows commitment to health and ensures consistency in snacks offered to players. This exposes players to healthy eating in the sporting environment. A Healthy Food Choices Policy is a clearly written standard that addresses when and what foods and beverages are offered or sold at a community sporting event.

Benefits of a Healthy Food Choices Policy


For Coaches/Sports Administrators

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- Shows parents and local community the team/league values the health of its members.
 - Clearly states your team/league's position about healthy eating
 - Presents healthy eating messages that support physical activity and enhance health and sport performances.
 - Takes the guesswork out of choosing food and beverages for sporting events.
 - Creates consistency from year-to-year.
 - Explains expectations of sports administrators/coaches, players and parents.

For Parents

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- Ensures healthy food choices will be offered on a regular basis.
 - Offers parents consistent messages about what to send for sporting events.
 - Helps parents learn about healthy eating through the team/league and their own children.
 - Supports families and individuals to make healthy food choices.
 - Can reduce conflict between individuals by providing clear expectations.

For Children

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- Increases availability of nutritious foods.
 - Exposes children to positive role models for healthy eating.
 - Delivers consistent messages that reinforce school learning.
 - Provides children with the opportunity to develop skills in making healthy food choices
 - Makes the healthy food choice the easier choice

Adapted and reproduced with permission from Durham Region Health Department, Sept. 2013.

