

Healthy Eating Step by Step

Step 1: Assess your team's nutrition environment. There are likely things you are doing that support healthy eating.

Do you...

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- Provide or encourage healthy snacks for athletes during practices and games?
 - Encourage athletes to bring healthy foods and beverages from home, and to choose healthy foods and beverages from the concessions or vending machines?
 - Have a healthy eating guideline/policy within your sports association and/or team?
 - Look for opportunities to learn more about healthy eating for yourself?
 - Look for opportunities to teach your athletes about the importance of healthy eating?
 - Role model healthy eating by choosing healthy snacks and beverages for yourself?
 - Provide healthy food choices when hosting a team event, celebration or meeting?
 - Consider healthier fundraising opportunities?
 - Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement or participation?
 - Practice safe food handling and an allergy-safe environment?

Step 2: Develop a plan to help improve your team's nutrition environment. Identify areas to work on within your team's nutrition environment and come up with some specific actions to achieve your goal.

- What are your priorities?
- What will be the easiest changes to make? Why?
- Which will be the hardest changes to make? Why?
- Which changes can we do now, in 6 months, in one year?

Step 3: Evaluate your plan.

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- Consider your team's goals, reflect on your achievements, things learned and identify next steps.
 - Do you find your players are bringing healthy snacks or meals to team events/activities/tournaments?
 - Is your plan making a difference in how, and what your team eats and drinks?

Step 4: Celebrate your successes!

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- Celebrate your hard work and dedication.
 - Recognize those involved (e.g. certificates).

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