



## Healthy Beverage and Food Policy

*The Contra Costa Youth Soccer League strives to promote health and wellness for children and families.*

*As mentors and role models for children and families, we need to work hard at maintaining a healthy image for the league and providing healthy opportunities and choices to our community. Therefore,*

Our league will not serve sugar sweetened beverages or 100% fruit juice to children at any of our:

- Games
- Practices
- Meetings/Events

Water will always be provided free of charge in our water containers (*Whenever possible, water will be served in pitchers rather than plastic bottles*).

Alternative beverages and foods for children might include healthy alternatives such as:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- Healthy snacks that promote and increase fruit and vegetable consumption
- Consider serving whole fruit slices in place of 100% juice or flavored punch

### **Implementation of Policy:**

Policy will be included in the coach manual and parent/player manual, as well as emphasize healthy options at our First Pitch Meeting (which includes all players, parents/families, coaches, and volunteers).

#### Practices:

- **Limit access to outside vendors and unhealthy food and sugary drinks**
- Make water containers easily accessible to encourage water consumption throughout practice.
- Promote with coaches and parents healthy snacks at all times



Games:

- **Limit access to outside vendors and unhealthy food and sugary drinks**
- Make water containers easily accessible to encourage water consumption throughout games to players and their families.
- Promote with coaches and parents healthy snacks at all times

*Approved by the Contra Costa Youth Soccer League on November 12, 2013.*