

## Pack 184 Food and Beverage Policy

### Position Statement

Cub Scout Pack 184 strives to promote health and wellness by serving only healthy food and drinks at pack and den meetings, events and outings.

A significant component of scouting is rooted in supporting young children to develop critical life skills that help Scouts be successful adults. Keeping themselves “physically strong” and “mentally awake” are promises made by each scout in the Scout Oath. Scouts will count on the principles learned through scouting for the rest of their lives. Pack Committee members and other parent volunteers are mentors and role models for children and families. As such, we need to work hard at maintaining a healthy image and providing healthy opportunities and choices to our Pack members, ages 5 to 10, and their families, which often include siblings under age 5 and extended family.

### Therefore, our Pack will:

- ✓ Ensure that healthy food and beverage options are provided when serving snacks at Pack and Den meetings.
- ✓ Increase the range and availability of healthy food and beverage options available at Pack events with meals.
- ✓ Ensure water is available at all Pack events with meals.
- ✓ Ensure scouts and family members are reminded to bring the Cub Scouts Six Essentials for Hiking on all hikes; two “essentials” are plenty of water and a healthy snack.