



Healthy Beverage Policy

The Concord Junior Giants 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 for children might include healthy alternatives such as:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- 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
- Make water containers easily accessible to encourage water consumption throughout practice.



Games:

- Limit access to outside vendors
- Make water containers easily accessible to encourage water consumption throughout games to players and their families.

Approved by the Concord Jr. Giants Baseball League on March 4, 2013.