



Waterloo Minor Soccer Club
Healthy Snack Policy

May 2020

Obesity and nutrition-related diseases are on the rise in North America, even among athletes. Waterloo Minor Soccer Club (WMSC) feels that promotion and modeling of healthy eating habits and balanced lifestyles to members of our Club can play a crucial part in this issue. Whether as players, parents, team officials, game officials or as supporters, we all have a part to play. With the support of the OSA Club Excellence program, WMSC is committed to helping improve the well-being of our community and in doing so have implemented a Healthy Snack Policy since August 2018.

A Healthy Snack Policy empowers participants to nourish their bodies in appropriate quantities and at appropriate times, limiting ingredients that will impede performance or wellness. Children learn about healthy eating at school and need a supportive environment, both at home and in the community, to help put those lessons into action. Waterloo Minor Soccer Club will help make this happen.

Community sports also provide adults with an opportunity to become role models for healthy eating. As such, the expectation is that snacks during or after games, pre-game meals, and post-game meals are to be healthy. Healthy foods and beverages are those that fall within Canada's Food Guide and align with the information linked to below.

WMSC's Healthy Snack Policy is maintained regardless of: Activity - Game, Practice, Training, Camp
Playing level (Competitive or Recreational) Location (Home or Away)

Hydration

- Water is the best fluid to drink before playing a sport.
- Drink at least 1 to 2 cups (250 to 500 mL) of fluid up to 4 hours before exercise. Water is usually your best choice.
- Drink another ½ to 1½ cups (125 to 375 mL) of fluid about 2 hours before playing a sport if you have not produced any urine or if your urine is still dark yellow
- Continue to drink water regularly during and after playing as well.
- For more information refer to [Facts on Nutrition](#).

Nutrition

- About 2 to 3 hours before playing sports, eat a meal that is rich in carbohydrates, low in fat and fairly low in protein and fiber for quick digestion.
- During sports, your body needs easy-to-digest foods or fluids. Carbohydrates will help you maintain normal blood sugar, allow you to perform better and help you to exercise longer and/or with greater intensity.
- After playing sports, your body is ready to store energy again, repair muscles and re-hydrate.

For more information, refer to [Facts on Carbohydrate, Fat and Protein](#).

Additional sources:

- [Facts on Sports Drinks](#)
- [Facts on Vitamins and Minerals](#)