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## Healthy Snack Guideline

### Scope

With the support of The OSA Club Excellence program, the Ottawa TFC (OTFC) is committed to helping improve the well-being of our members. In doing so, the OTFC has implemented a Healthy Snack Policy.

### Introduction

Children need a supportive environment, both at home and in the community to help them make healthy choices. Because of this, players, team officials (i.e. coaches, managers), referees, parents and other supporters all have a part to play to encourage healthy and nutritional eating habits and balanced lifestyles.

### Guideline

This Healthy Snack Guideline empowers participants to nourish their bodies appropriately and limit ingredients that will impede performance or wellness. The OTFC can help make this happen through advocating for nutritionally appropriate half-time snacks, and pre- and post-game meals for our members.

This guideline should be used regardless of:

- Playing level (Development, Recreational or Competitive);
- Location (home or away); or
- Purpose (game, training).

For more information on providing proper nutrition and maintaining a balanced lifestyle, please use the links below:

- [Canada's Food Guide](#)
- [Healthy Half-Time Snacks](#)
- [A Soccer Player's Diet](#)
- [Nutrition for Football – FIFA](#)



Approved for EXTERNAL use  
by the OTFC Board of  
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