

Choose to Boost Veggies & Fruit



Dear Team Player and Family,

Our team is giving junk food the boot this year and are choosing to boost veggies & fruit! We have made the pledge to bring back healthy sideline snacks this season!

What does this mean? It is really simple! Parents who wish to participate in providing a team snack after a practice or game can sign up on the snack schedule to bring vegetables or fruit. You can refer to the **Choose to Boost Veggies & Fruit Snack Card** for ideas.

Each child should bring his or her own water bottle filled with ice cold plain water to each game or practice. If you don't think your child will eat the vegetables or fruit, or if you feel he or she needs something more after the game, please bring your own personal snack.

Our team needs your support to win \$500 for an end of the season party or team equipment! To be eligible, we need at least 70% of our families to pledge support to bringing back healthy sideline snacks by **June 10, 2017**. You can go to hkcc.middlesex.ca. Click on the **Minor Sports** tab then **Family Pledge**. All families that pledge will be entered to win a Family Sports Package which includes an assortment of games for indoors and out as well as a \$50 Sport Chek gift certificate. All teams involved in The Challenge will be entered to win a prize pack that includes a 5-gallon water jug & water bottles for each team player.

Below are a few fun facts from teams that participated in the 2016 Bring Back Healthy Sideline Snack Challenge! Please join us in choosing to boost veggies & fruit. We are looking forward to having a fun and healthy season.

Thank you for your support and cooperation.

Sincerely,

Your Coach

Did You Know...

...children who play sports are more likely to eat sugary foods & drinks than children who do not play sports?

One of the factors is that team sideline snacks have become overrun with sugary and salty treats like cookies, granola bars, chips, cupcakes, Freezies, juice boxes and other sugary drinks.

Gone are the days of providing orange & watermelon slices as team snack.

As well, many children in minor sports choose to drink sports drinks despite rarely this being necessary.

Vegetables, fresh fruit and water give our kids the "superpowers" they need to run, jump and play! Well-nourished kids play better and longer, stay more alert and recover more quickly.



Most parents in 2016 reported minimal difficulty in participating!

In fact, **67%**

reported no difficulty at all.

87%

of parents in 2016 stated they would be very willing to recommend this project to other teams

Over **75%**

reported children were satisfied with the snacks with over 70% reporting very satisfied!

