



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY SPORTS SNACK TOOLKIT NC ALLIANCE OF YMCAS

In May 2014, the CEOs of the 27 YMCA Associations in North Carolina, with numerous other organizations statewide, endorsed the following youth sports nutrition position statement put forth by the NC Alliance of YMCAs and the Statewide Pioneering Healthier Communities task force:

It is the position of [insert YMCA Association] that youth and adolescents participating in sports shall have access to healthy foods and beverages as part of pre-game, mid-game, and post-game meals and snacks, particularly when those foods and beverages are provided by the sponsoring organization or school. Healthy shall be defined as foods and beverages that align with the nutrition standards outlined in the Alliance for a Healthier Generation's Competitive Foods Guidelines for K-12 Schools and School Beverage Guidelines.

The NC Alliance of YMCAs created this toolkit to assist YMCAs in implementing the above position statement in youth sports programs. The goal is to provide resources that will develop positive and sustainable culture change throughout YMCAs across the state.

All of the resources are endorsed by the NC Alliance of YMCAs and are created for all NC YMCA Associations to use. The needs of associations vary across the state, and YMCA employees are encouraged to use the resources included in this toolkit that best address the association's needs. The resources included in this toolkit may be modified, edited, or adapted to fit the needs of the YMCA Association or branch, as long as they fall within the guidelines mentioned in the position statement above.

USING THIS TOOLKIT IS SIMPLE AND EASY:

STAND

Take a stance on healthy sports snacking.

SELECT

Choose and use the resources that are most helpful for you. Adapt if needed.

SCORE

Help your athletes score more by encouraging healthy sports snacking!