

MODEL PRACTICE POLICY LANGUAGE

The [insert YMCA Association/branch] Healthy Sports Snack Practice (or Policy) (“Practice” or “Policy”) sets forth the procedures regarding healthy sports snacking within YMCA youth sports programs. The goal of this Practice(Policy) is to create an environment that encourages youth sports participants and their families to lead healthy, active lifestyles.

This Practice/Policy applies to all individuals involved in youth sports through an association’s youth sports program, including the director, coaches, participants, and family members of participants. These guidelines are meant to aid YMCA programs in leading healthy eating and living efforts as it parallels the YMCA’s Mission and Cause.



FRUIT, VEGETABLE, AND WATER. Any snacks, whether supplied by a coach or any individual associated with a youth sports team, must be either a fruit or a vegetable. The only beverage allowed is water.

Strongly recommended (or required) snack options:

- Orange and apple wedges
- Fresh peaches, pears, watermelon, or any seasonal fruit
- Dried fruit and raisins
- Bananas, grapes, and strawberries
- Fruit cups (packed in 100% juice)
- Unsweetened applesauce
- Carrots, celery, or cucumbers

OR

NO SNACKS. No snacks of any kind are allowed at YMCA-sanctioned youth sporting events.

Pick one of these positions and drop the Practice/Policy language into your Policy and Procedures manual.

PROCEDURES

All youth sports directors should:

- make clear the stance taken by the youth sports program as a whole;
- empower and encourage volunteer coaches to endorse and support the policy;
- deliver necessary educational materials and/or guidelines to coaches and parents;
- provide resources and guidelines in public spaces (website, front desk, etc.).