



goodSPORTS™ Healthy Eating

**food
for sport**



Dear coaches and team managers,

RE: SUPPLY OF BREAKS OR POST-EVENT DRINKS AND SNACKS

Earlville Pony Club is involved with the *Good Sports* program that supports sporting clubs to manage alcohol responsibly, create smoke free clubrooms and promote healthy eating.

Good Sports involves gradual changes to our canteen to provide a range of healthier food choices. **Earlville Pony Club** would like to ensure that food and drinks supplied to players are consistent with the healthy eating messages we are working hard to promote throughout our club. To achieve this, we have committed to providing healthy half-time and post-game snacks and drinks to junior members.

Drinking fluids preferably water, before, during and after events is important for junior sport participants. If children have eaten well leading up to their event, there is no real need to provide food at breaks.

- **If food is supplied at breaks or after the game, the best option is sliced fruit.**
- **Water, as always is the best drink choice.**
- If food is supplied to competitors participating in multiple games or a carnival, more substantial items such as sandwiches/wraps/rolls, crackers, yoghurt, fruit bread, low fat muffins, popcorn and reduced fat milk and water are good options.

For more information on the *Good Sports* program please contact **Paula Champion** or go to www.goodsports.com.au We thank you for supporting our efforts to promote healthy food and drinks in our club community.

Warm regards,

Paula Champion

President

Earlville Pony Club Inc

earlvilleponyclub@yahoo.com.au