

HYR Snack Policy

HYR encourages parents to discuss an appropriate policy for their team snacks; brought by parents for their child only, or each parent takes a turn providing snacks for the entire team.

If you elect to provide snacks for the entire team snacks should be a healthy real food snack with a minimum amount of packaging (Green). Fruit is the perfect snack.

Players should provide their own water bottle. NO JUICE BOXES.

Good general policy to follow.

If a snack has more ingredients than players on the team.....
it's NOT and good Snack!

Snacks are optional, not required

REAL FOOD IS...

- Whole grain
- Made with no (or very little) refined sweeteners like white sugar or corn syrup
- Fresh fruits and vegetables
- More a product of nature than a product of industry

GREEN SNACKS ARE..

- Not over packaged. For example; a bag of apples rather than individually pre-packaged apple slices

