

TENNIS NEWFOUNDLAND & LABRADOR

HEALTHY EATING POLICY

At Tennis Newfoundland & Labrador (TNL), we support and encourage healthy eating habits to help athletes fuel their bodies correctly and make healthy choices in everyday life. To support this policy, when food and beverages are provided at TNL events, choices will be healthy and in line with current Health Canada guidelines.

Goals of this policy:

- To promote making healthy choices in everyday life, as well as when fueling your body for competition
- To provide the foundation for positive life-long habits and good food choices
- To enable athletes and participants to appreciate the importance of good nutrition for overall health

When food and beverages are provided by TNL for any event, the following will not be provided:

- Candy
- Soda
- Sugary juices (only 100% real juice and only in special circumstances)

We will always make our best effort to provide water, and healthy meal choices to any participants or meeting attendee.