

## Healthy Soccer Tournament Concession: Let's Lead the Change!

June 3, 2014

Dear Parent or Coach:

*The Terwillegar Riverbend Soccer Association (TRSA) has partnered with Ever Active Schools to make this year's tournament a healthy one, for families and athletes.*

### What is Ever Active Schools (EAS)?

EAS is provincial organization that works with schools and communities to create healthy environments where children and youth can learn, work and play.

### Why is healthy eating important at sporting events and facilities?

Recreation facilities and outdoor spaces are the cornerstones of communities, where people gather for events and to be physically active. As places that support physical and social opportunities, there is an opportunity to also support healthy choices for foods and beverages.

Healthy eating is essential for performance in sport, but it's also important for the coaches, parents, family and community members who spend a great deal of time at tournaments and practices, often being on-site for long days and over the course of multiple meal times. We're working to connect these two ideas and bring healthy snacks to athletes and spectators at sporting events, starting with the TRSA Soccer Tournament, on June 20<sup>th</sup>-22, 2014.

### Why are we telling you?

At this year's tournament you can expect some healthy, delicious snacks and beverages to keep families and athletes fueled for the weekend. We are writing to ask you to *come out and support this year's healthy concession!* Let's show other tournaments and recreation facilities how important this is.

### What can you expect?

On the Saturday and Sunday of the tournament you can expect hot coffee in the morning, along with some healthy snack items from many food groups to keep you and the athletes going all day. Items will include but won't be limited to: fresh fruit, granola bars, veggies, hummus, quinoa salad (gluten free), cheese and crackers, yogurt, water, milk and fruit juice.

Thank you for your consideration,

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