

**RESOLUTION 2015- 98**

**HEALTHY SNACK INITIATIVE/RESOLUTION**

WHEREAS, nearly 1 million children and youth in North Carolina enjoy the benefits of participating in sport and athletic activities provided by schools, community recreation programs and other organizations throughout the State;

WHEREAS, the Town of Wake Forest Parks, Recreation & Cultural Resources Advisory Board values the health of our citizens;

WHEREAS, the health benefits from physical activity through sport and athletics are widely accepted, the importance of sound nutrition practices is often overlooked and seldom promoted;

WHEREAS, physicians, pediatricians, and dietitians agree that fruit, vegetables and water are the best ways to refuel a child's body after a game or practice;

WHEREAS, the NC Recreation & Parks Association, the NC High School Athletic Association, the NC Coaches Association, the NC Alliance for Athletics, Health, Physical Education, Dance and Sports Medicine, the NC Alliance of YMCAs and the NC Association for Athletic Education, among others, have endorsed the Youth Sports and Athletics Position Statement to make healthy snacks and drinks available at all youth sports;

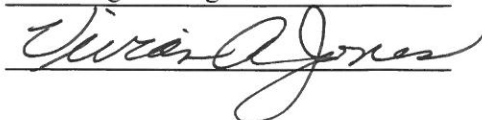
WHEREAS, the Mission Statement for the Wake Forest Parks, Recreation & Cultural Resources Department includes an intent to promote education, health and wellness;

NOW THEREFORE, BE IT RESOLVED that the Town of Wake Forest Parks, Recreation & Cultural Resources Advisory Board fully endorses the position that youth participating in athletic leagues administered by the Parks, Recreation and Cultural Resources Department have access to healthy foods and beverages as part of pre-game, mid-game, and post-game meals and snacks. The Board encourages the sharing of information on healthy foods and beverages for sports with all youth athletic coaches in Departmental programs. Furthermore, the Board encourages coaches to promote information regarding sound nutritional practices for sports participants and share the information with families of team members.

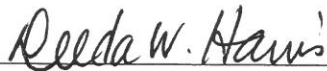
This the 17<sup>th</sup> day of November 2015.

Moved by: Margaret Stinnett

Seconded: Greg Harrington

Mayor: 

ATTEST:



Town Clerk