



“Unifying tribal youth and communities through structured athletic programs, while providing necessary resources and developing a strong foundation in native culture, leadership, and wellness.”

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### **Inter Tribal Sports Food Vendor Policy**

With the rising cases of Type II Diabetes and Heart Disease impacting our Tribal communities, it is imperative that our organization works with our food vendors in promoting healthy eating practices. Since the inception of Rez Dogg Refreshments we have witnessed significant change taking place at ITS sponsored events in relation to our food and beverage policy. The era is gone where fast-food vendors and sugary beverages were the only meal options available for our community members.

We will continue to strive for a healthier environment and promote preventative steps against chronic disease in the communities we serve. We thank all our food vendors for sharing in our message of providing healthy foods and beverages for our athletes and their families.

#### **Foods to Avoid:**

Soda and Diet Soda, Energy Drinks, Juices from Concentrate, Chips, Pizza, Fast-food, Cake, Candy, Ice-Cream, etc. (No deep-fried and No high sugar/sodium items)

#### **Foods Allowed:**

Sports Drinks (Vitamin Water or Gatorade), 100% Juices, Iced-Teas, Coffee, Fresh fruits and Vegetables, Yogurt (low sugar), Frozen Yogurt, Granola Bars (Nature Valley or Cliff Bar brands), Jerky (free of additives and low sodium), Water bottles, Cereals (No added sugars), Rice, Beans, Whole Grain Breads, popcorn are examples of some items.

If you have any questions or concerns regarding a potential food item you wish to sell, please contact our staff at [info@intertribalsports.org](mailto:info@intertribalsports.org) or give us a call at 951-719-3444.