



2018-19



SaskMilk is pleased to announce that the province’s High Schools and Sport Teams are once again eligible for **FREE Sport Nutrition Workshops**. The dietitian led interactive session is approximately 1 hour in length and is available to all individuals between the ages of 13-18 years. \*Please note that there is a limit of 3 presentations per day per location.

**Main Objective of the Sports Nutrition Education Program:**

To provide young athletes and active youth across Saskatchewan with an understanding of the basics in sports nutrition, healthy eating, and its impact on health and optimal athletic performance.

**Possible Topics to be Covered:**

- Energy needs of young athletes
- Main fuel sources for optimal performance
- Hydration needs for sport
- Importance of breakfast for school and sport performance
- Key nutrient needs for the growing body
- Timing of intake
- Ideas to fuel up before activities
- Refueling and recovery

Please complete the following request form and email it back to [nutrition@saskmilk.ca](mailto:nutrition@saskmilk.ca). SaskMilk will make all attempts to accommodate your requested date/time, but will operate on a first come first served basis and the availability of our dietitian consultants and funds. Once the email is received, a dietitian will be in contact to finalize details.

Contact Person \_\_\_\_\_ School \_\_\_\_\_

City/Town \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Fax \_\_\_\_\_

Proposed Dates & Times of Presentation: \_\_\_\_\_

(Please give a minimum 1 months’ notice)

Approximate # of participants/sessions and age/grade: \_\_\_\_\_