



2019-20



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. 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: _____