

Melvin GAA Club, Leitrim

Recipes for Success

Melvin Gaels G.A.A recently took part in Recipes for Success; a nutritional performance initiative ran by Croke Park in conjunction with St. Angela's Home Economics Department in Sligo. It is targeted at minor players and took place in St Claire's Comprehensive, Manor Hamilton with the local Home Economics teacher. The session aims to educate club players on the importance of healthy eating and fuelling their body correctly before and after training, games and exercise in general. The minors really enjoyed Recipes for Success and developed confidence and competencies in areas of nutrition and health. Each participant received a copy of the fantastic Recipes for Success booklet which is filled with performance enhancing delicious recipes, as well as pre/post meals and snacks. This resource can be downloaded online at gaa.ie/community.

As the practical session was such a success the club are adopting the GAA Healthy Eating Guidelines and hope to filter the knowledge out to the wider club membership. As part of the new Melvin Gaels "Million Millions" Initiative (aimed at inspiring the local community off the field to record one million minutes of health-enhancing physical activity) the club arranged a healthy eating session for participants with Danielle Conaty, Home Economics teacher from St Claire's Comprehensive.

Dromard Healthy Breakfast Morning



Dromard G.A.A.'s Recipes for Success

