

Dromard GAA Club, Longford

Recipes for Success

Dromard 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 18 teenagers from the local community joined forces in the local secondary school to educate themselves on the importance of healthy eating and fuelling their body correctly before and after training, games and exercise in general. As the practical session was such a success the club's Healthy & Wellbeing Committee decided to put the kids' new found knowledge to good use and they devised a breakfast morning for the club's senior team. The breakfast morning allowed the Recipes for Success to be filtered through the club's structure by the teens passing on their cooking skills and nutritional knowledge to their role models and idols. The minors really enjoyed Recipes for Success and developed confidence and competencies in areas of nutrition and health.

The initiative also aided club integration between the senior and minor club as well as teenagers in the locality, creating a more united club & community structure. Older members of the community, who have no involvement in the GAA club also got involved in the process and helped with the meal preparation and delivery of the nutritional information given to the senior team. What's more is that the teenagers really enjoyed cooking, although one did suggest "Mammy will be making me cook the dinner for weeks now!" While the senior team asked for the full recipe for the beetroot Smoothies made on the day. 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.

Dromard Healthy Breakfast Morning



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

