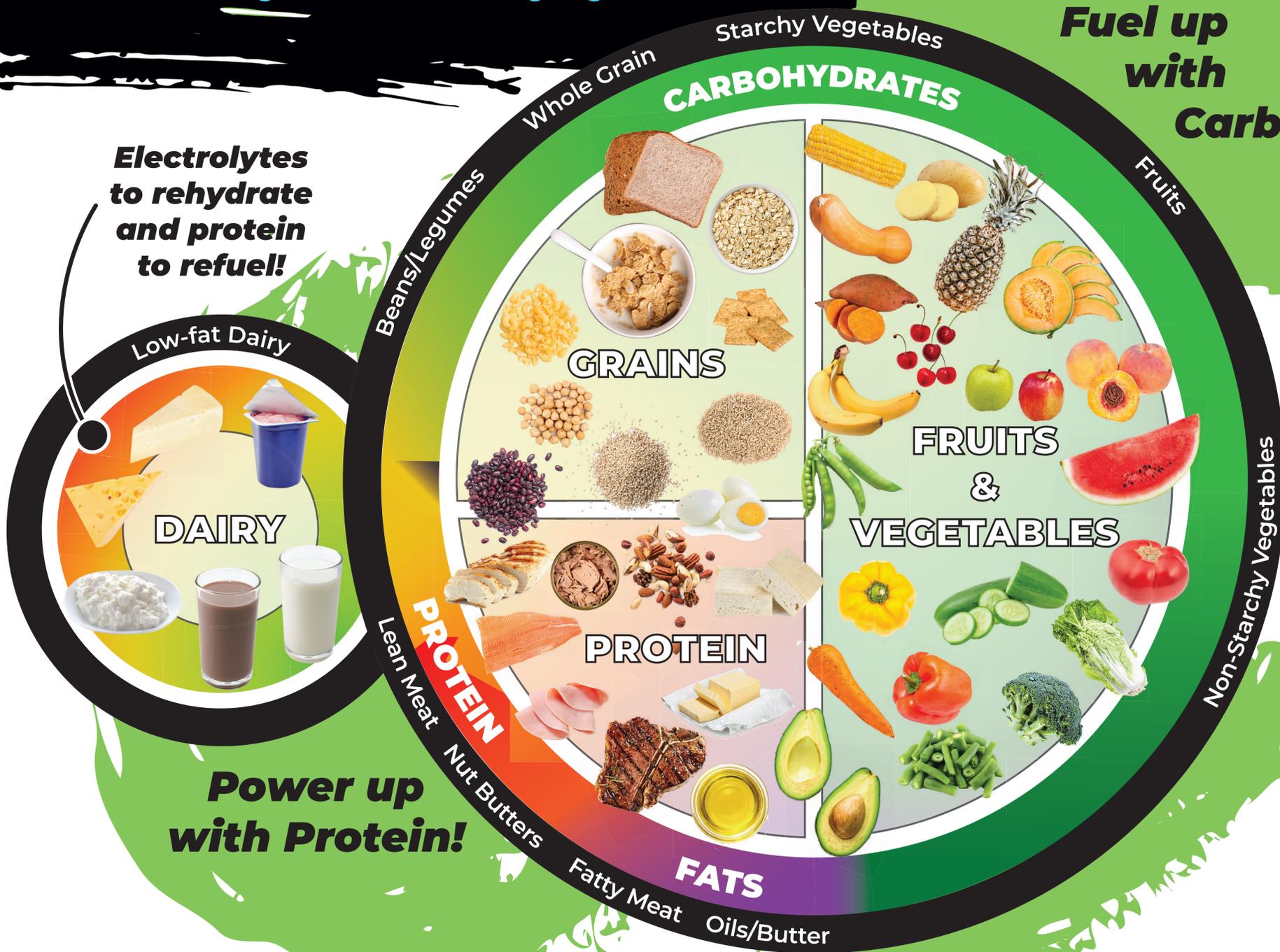


# FUEL UP FOR PERFORMANCE WITH NUTRITION

**ATHLETES**, choose wisely to maximize your performance and decrease your risk of injury.

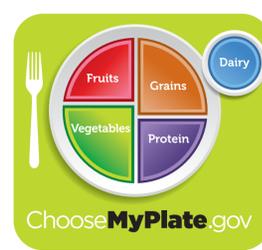
**Fuel up with Carbs!**



**Electrolytes to rehydrate and protein to refuel!**

**Power up with Protein!**

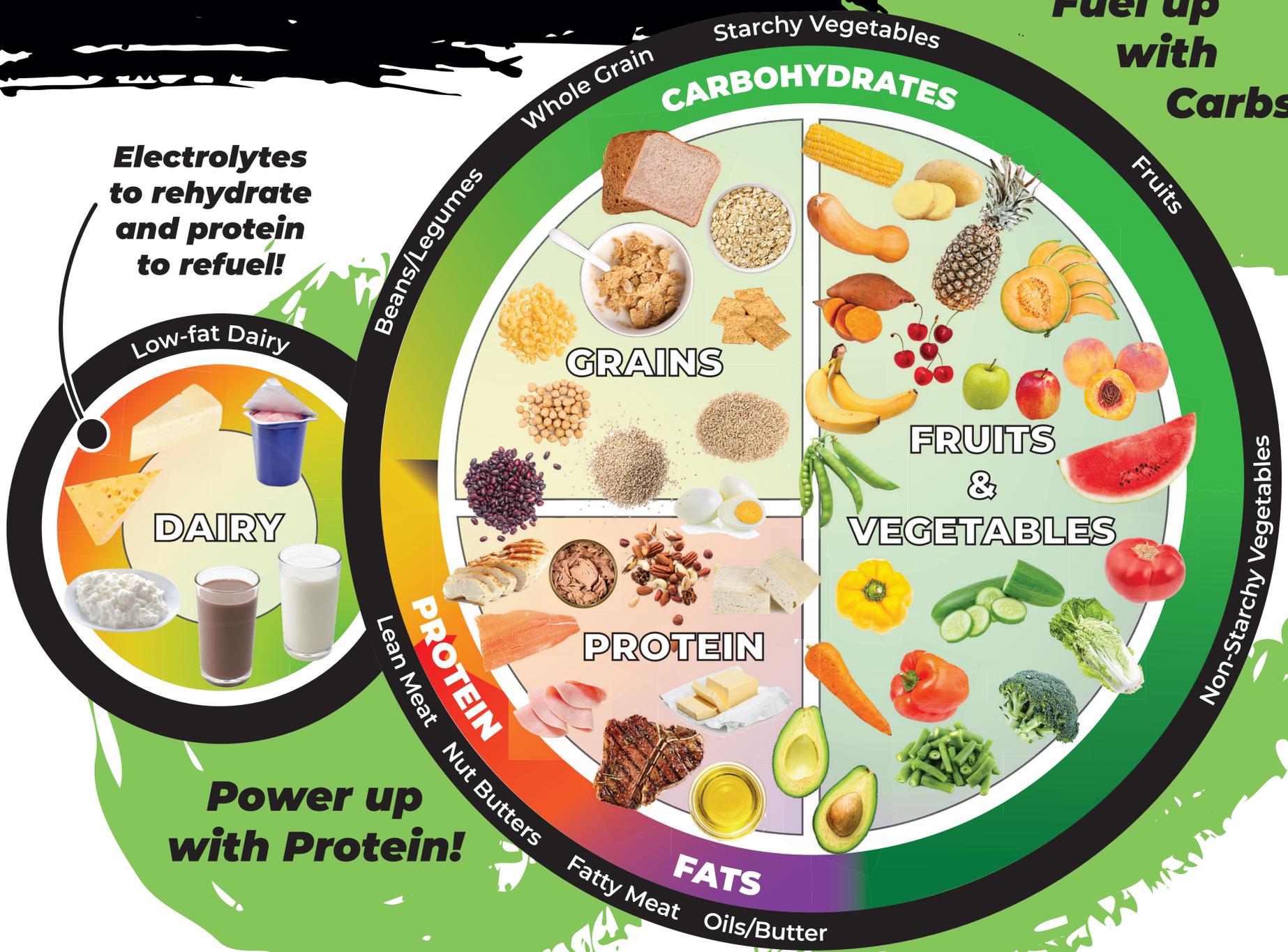
Some athletes may need to buy a second meal at lunch to meet their daily nutrition and sports performance needs.



# FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

**BAND MEMBERS, stay strong and focused on your performance** when you choose the right fuel for after school.

**Fuel up with Carbs!**

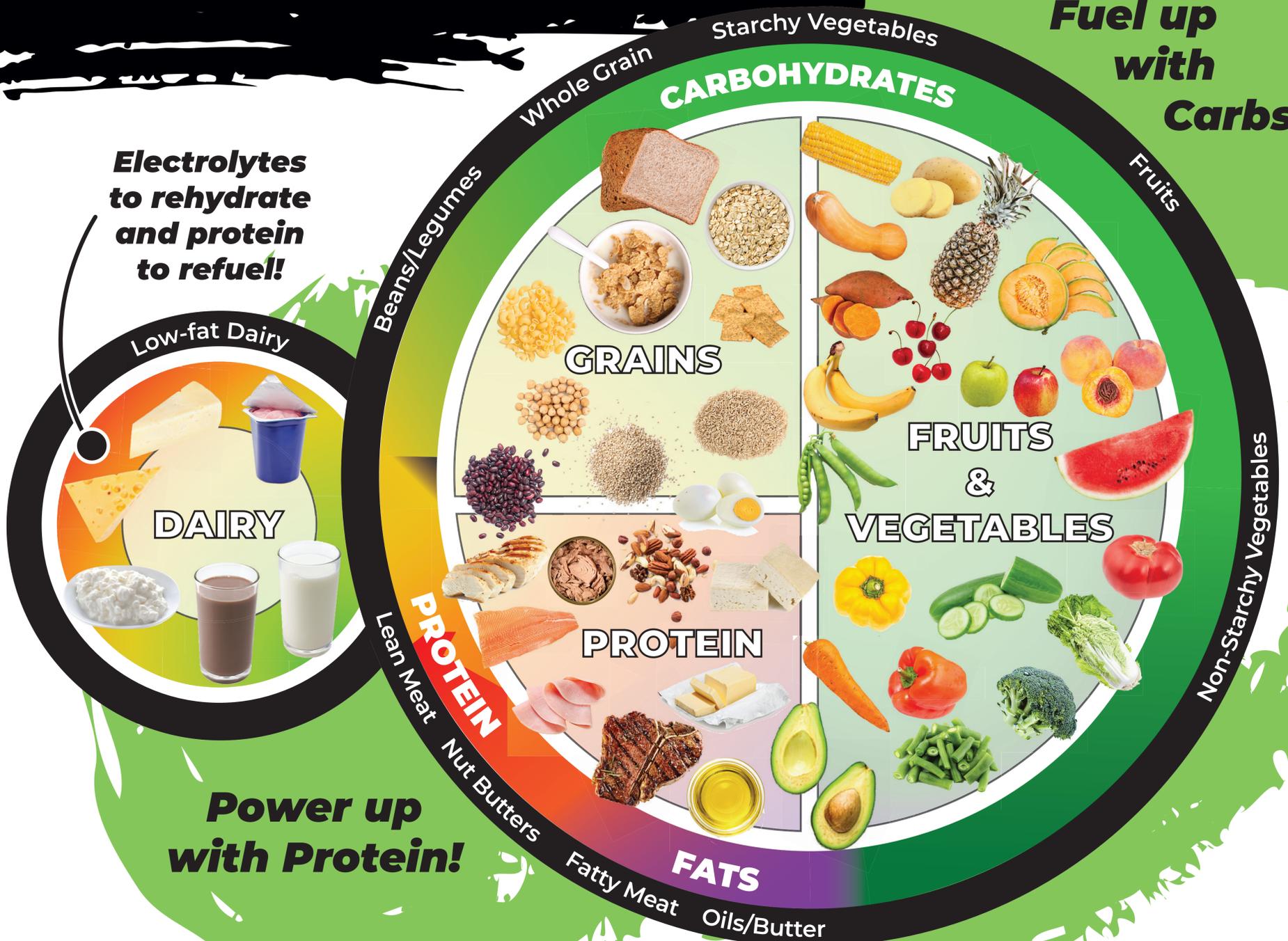




# FUEL UP FOR PERFORMANCE WITH NUTRITION

**HAVE AN AFTER-SCHOOL JOB?**  
 Make sure you are **well-fueled** so you can **do your best work possible.**

**Fuel up with Carbs!**



**Electrolytes to rehydrate and protein to refuel!**

**DAIRY**

**Power up with Protein!**

