



Information Sheet for Healthy Club Officers and Home Economics Teachers

Background information

Recipes for Success is a unique collaboration between the GAA and the Home Economics Department at St. Angela's college, Sligo and brings together expertise from an array of sectors. Recipes for Success is a unique healthy eating/nutritional initiative designed to respond to an identified need in GAA clubs for practical programmes supporting healthy eating for GAA players & members. The project involves two elements: a sports nutrition information session as well as a 'hands-on' cookery workshop which is exclusive to Healthy Clubs using the Recipes for Success toolkit. The toolkit was developed and designed by the Home Economics Department at St. Angela's College Sligo, and is filled with tasty, healthy, performance enhancing recipes that are quick and easy to make.

Function of the Recipes for Success Club Coordinator

- Required to promote the programme to the target audience (i.e. minor club players) through the clubs communication channels (see promotional video on <https://www.youtube.com/watch?v=Mm3FpaEEan4>).
- Required to liaise with the Home Economics Teacher to arrange the logistics of the workshop (Club to contact the Home Economics teacher to arrange suitable date and time). *Please note – In some cases accessibility to a Home Economics teacher will depend on club location.*
- Required to adhere to the list of criteria below.

What is involved in participating in the project?

- Participation involves a once off 1 ½ - 2 hour cookery session with local GAA players (min. of 12 and max. of 20)
- The time & date of the session should be arranged locally between the Home Economics teacher and the Healthy Club Officer (usually held on a weekday evening)
- The session will take place in the Home Economics kitchen in the teacher's secondary school (close proximity to the club).
- Club members will be required to travel to the school and the club are responsible for arranging this.
- Recipe toolkits will be posted in advance of the session to the teacher (the address should be given at least 2 weeks in advance to the Community and Health Department).
- St Angela's will send the teacher a PowerPoint presentation for use during the nutrition information session at the start of the workshop.
- One or two recipes from the book will be chosen by the teacher or the club which will be made during the session (players usually cook in pairs).
- One of the dishes may be demonstrated if desired by the teacher.



- Teachers will be required to purchase ingredients and will be reimbursed by the GAA Club on the day of the workshop (must not exceed €100 per session). Receipts must be kept by the teachers and given to the club officer on the day.
- Clubs must inform the teacher in advance of the workshop how many players will be participating so they can purchase ingredients accordingly. We recommend 20 players maximum.
- The workshop is open to both male and females.
- 21 Booklets will be sent to the teacher for the club (1 for the teacher and 20 for a maximum of 20 players). If clubs wish to buy (€3.50 per book including postage) more booklets they can contact community.health@gaa.ie

What are the advantages of taking part?

By taking part in this project, you will also receive a copy of the Recipes for Success toolkit which has a range of tasty, healthy, performance enhancing recipes, match day meal plans and nutritional advice and been specially designed and developed for GAA players. This is an excellent resource for use in the Home Economics classroom.

What happens next if I want to take part?

- Agree a suitable time and date for the session to take place (in partnership with coaches & Home Ec. teacher).
- Once a date and time is confirmed the club then needs to email community.health@gaa.ie **At least 2 weeks in advance** to place an order for the Recipes for Success booklets. They will be posted to the address already provided at the sign- up stage.
- Also let community.health@gaa.ie know; the name of the school, name of teacher, their phone number and their email address.
- The club must confirm numbers with the Home Economics teacher in advance of the session so that the teacher can purchase the necessary ingredients.

Checklist – 2 weeks in advance of workshop!

Once date & time is arranged email community.health@gaa.ie the following:

- Name of school
- Address of school (include Eircode if possible)
- Name of Home Ec. teacher
- Teacher's email
- Teacher's Phone Number
- Date & time agreed



National Contacts:

GAA: Brid O' Dwyer brid.odwyer@gaa.ie