

Fuel up. Build Bones. PLAY HARD!

FREE SOCCER COACHING RESOURCES

The farm families who own Cabot would like to offer you a chance to learn new soccer coaching drills and workouts from **Olympic Gold Medalist, Julie Foudy**.

OUR SOCCER RESOURCES INCLUDE:

- Skills and drills videos located on our website: cabotcheese.coop/soccer-clinic
- Nutrition tips for young athletes
- Recipes for fueling a healthy body

NUTRITION TIPS FOR HIGH PERFORMANCE

Kids agree - soccer is fun. But it's also a healthy, bone-building exercise. Playing hard requires fueling up before, during, and after games. Milk, yogurt, and cheese are rich in high-quality protein and contain many essential nutrients for building muscle and bones. Four servings of dairy throughout the day contain enough calcium and protein to satisfy the needs of these growing athletes.

For kid-friendly nutritious recipes, visit www.cabotcheese.coop/recipes



Find these free soccer resources at:
cabotcheese.coop/soccer-clinic



FUEL UP YOUR SOCCER STAR

NOW & LATER

One of the best ways to build strong bones and muscles is to exercise. As athletes, we've got you covered. Our dairy products are packed with calcium and protein to help build a healthy body.

Our delicious recovery smoothie makes a great after-practice treat, with enough protein to help muscles recover and calcium and Vitamin D to build healthy bones.



Blueberry Recovery Smoothie

Makes 2 (1 3/4-cup) servings

2 cups frozen blueberries

1 cup Cabot Lowfat Vanilla Bean Greek Yogurt

1 cup bottled pure coconut water, unsweetened

COMBINE blueberries, yogurt, and coconut water, in blender; puree on high speed for about 45 seconds or until completely smooth. Serve immediately.

Calories 203, Total Fat 3g, Saturated Fat 1.5g Cholesterol 13mg, Sodium 176mg, Carbohydrates 38g, Dietary Fiber 5.5g, Protein 11g, Calcium 204mg

For more educational materials go to:
cabotcheese.coop/youthful-matters

