What is Smart Cooking on the Run Everyday (SCORE)?)

SCORE is a nutrition education program for Idaho State University athletes. It helps athletes learn to make healthy choices based on their individual nutrition needs.

Sports Dietitian Natalie Christensen, RDN, LD, CSSD, a former ISU athlete (track and field, soccer), manages SCORE. Under her oversight, the program:

- **Empowers** ISU athletes to plan and cook healthful meals and snacks
- **Educates** ISU athletes on the basics of a nutritious diet
- **Equips** ISU athletes with resources for healthful meal planning, shopping, and food preparation
Fueling ISU athletes with the tips and information needed to meet daily training and recovery needs and optimal performance.

Team Talks
Group Nutrition Education
Individual Nutrition Counseling

Grocery Tours
Cooking Classes & Demos
Fueling Stations

@fuel_Bengals
fuel_Bengals
isu.edu/score/healthyconnections

FOR MORE INFORMATION, PLEASE CONTACT

Natalie Christensen, RDN, CSSD, LD
Sports Dietitian, Smart Cooking on the Run Everyday
chrinat5@isu.edu