

Enter To Win A Video Contest

The Addictions Foundation of Manitoba is hosting a contest called “What Youth Need to Know”. This year’s theme is “what youth need to know about **alcohol**”.

All you have to do is make a 30-90 second video about what YOU think youth need to know about alcohol. The deadline for video submissions is April 20, 2020. You can check out past winners’ videos and the official contest rules and guidelines at: <https://whatyouthneedtoknow.ca>



- 1ST PRIZE**
* \$500
- 2ND PRIZE**
* \$300
- 3RD PRIZE**
* \$200
- MOST LIKES**
* \$200



**Winners will have their choice of gift cards to vendors that sell concert tickets, electronics, and movie passes.*

Protein in Sports Nutrition

There’s 10 seconds left in the third period of the hockey game! Did you fuel your body prior to the game to finish strong? Your **body needs carbohydrate, fat, and protein to be at your best. Protein is an essential nutrient that is important for building and maintaining muscle.** If you exercise regularly and intensely, do you also make sure you get a balanced amount of protein?

- I. Divide your protein into 3 - 4 meals or snacks throughout the day.
- II. Have a protein meal or snack within 2 hours after your exercise. This will help with muscle repair and growth.
- III. A good way to maintain muscle is to aim for a palm size amount of protein. A few examples include:
 - ¾ cups plain Greek yogurt
 - 2 Tbsp peanut butter
 - 2 large eggs
 - palm size of meat, poultry, or fish.
- I. Include protein from a variety of different food sources. This will allow you to get a range of important vitamins and minerals along with your protein.
- II. Make sure to eat enough calories to maintain your weight, otherwise your body will waste protein for fuel instead of using the protein to help build and repair muscle.



Source: *PEN practice-based evidence in nutrition.* (2018). Toronto, Ont: Dietetics @ Work

Recipe - Peanut Butter Banana Protein Overnight Oats



Wake up to a hearty, protein packed breakfast with these Peanut Butter Banana Protein Overnight Oats. Freshly sliced bananas, peanut butter, oats and all the goodness make this breakfast the fuel you need to keep on going all morning!

Prep Time: 5 mins
Chill: 4 hrs
Total Time: 4 hrs, 5 min

Ingredients:

- ½ cup rolled oats regular or gluten free
- ½ small to medium banana sliced
- 2/3 cup unsweetened almond milk or milk of choice
- ½ Tbsp chia seeds (optional)
- 1 Tbsp skim milk powder
- ½ - 1 Tbsp natural creamy peanut butter or any other nut or seed butter
- ½ tsp pure vanilla extract
- 2 - 3 tsp pure maple syrup
- dash of sea salt

Instructions

- 1. Combine all ingredients into a small jar or any container that can be sealed.
- 2. Stir well to combine.
- 3. Cover and refrigerate overnight or at least for about 4 hours.
- 4. Eat chilled or warmed up and garnish with an extra drizzle of peanut butter and some banana slices if desired.

<https://www.lemonsandzest.com/peanut-butter-banana-protein-overnight-oats/>



If you have any cold/flu symptoms such as:

- Cough
- Fever
- Runny Nose
- Sore Throat
- Weakness
- Headache

Remember to practice proper and frequent hand washing and cough hygiene!

If you have questions or concerns about your cold/flu symptoms contact Health Links @ 1-888-315-9257