

INVEST NOW



ABOUT GOPHER GROWN

The University of Minnesota Athletic Department places a high priority on nutrition as an integral part of performance, as well as the overall health of our student athletes. With a student athlete's demanding daily schedule, optimal nutrition can be difficult to achieve. What, when, and how often our student athletes eat and drink directly impacts their performance, and we strive to provide strategies to help our athletes achieve their nutritional goals despite their hectic schedules.

Gopher Grown is a fundraising initiative committed to helping student athletes optimize their overall health and performance through nutrition. Our goal is to provide our student athletes with the nutritional knowledge they need to not only achieve their athletic goals, but also maintain healthy eating habits throughout their lives. Gifts to Gopher Grown support educating, fueling, and counseling our student athletes to train and compete at their highest level.

Gifts to Gopher Grown support the following services:

- Dinner for all 750 student athletes, Monday through Thursday, during the Academic year
- 3 Fueling Stations at various points around athletics
- Individual nutrition counseling and meal planning
- Hands-on education for student-athletes including team presentation, cooking classes, meal prep, and grocery store tours
- Design of various menus including the nutrition center, pre-game, and travel meals
- Recovery nutrition
- Design of meal plans
- Evaluate the legality, safety, and efficacy of dietary supplements
- Special Dietary needs (i.e. vegetarian, gluten - free diets, , food allergies, IBS, Type I Diabetes, Celiac, high cholesterol, etc.)
- Learning experiences for student interns from various disciplines and majors, including Nutrition

FUNDRAISING



Cash donations

Commodity donations
e.g., gifts of grain

Donation of product
e.g., dairy, beef, poultry

