



AB PERFORMANCE NUTRITION

High School Nutrition Services

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**Supporting
students to
become the
highest
performing
version of
themselves**”

AB PERFORMANCE NUTRITION
is trusted by;



RayWhite.

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AB Performance Nutrition is changing the way young individuals think about food.

Meet The Team

Annabelle (Belle) Buttery

Accredited Sports Nutritionist

Exercise Scientist

Founder of AB Performance Nutrition

Co-Founder of Fuel and Flow

Belle has completed a double degree with a Bachelor of Exercise and Sports Science and Nutrition and Food Sciences, along with a Certificate in Applied Sports Nutrition. After Belle graduated from the University of South Australia, AB Performance Nutrition was established and has since been a space where athletes and active individuals of all ages are empowered to fuel their bodies for health and performance in sport, exercise and in everyday life!

Alongside running her own business, Belle has worked in professional sport for 5 years, specifically with the Adelaide Crows Football Clubs AFLW team, and was lucky enough to be a part of two premiership wins with the team (2019, 2022). Belle is passionate about educating young active teens on the importance of fuelling their bodies in order to be the healthiest and highest performing version of themselves!



Tayla Williams

Accredited Sports Nutritionist
Exercise Scientist

Tayla recently completed a double degree with a Bachelor of Exercise and Sports Science and Nutrition and Food Sciences, along with a Certificate in Applied Sports Nutrition.

Outside of her nutrition work, Tayla is an elite netball athlete, playing for the Adelaide Thunderbirds in the National Netball Competition, and is most recently a premierships player (2023). She has been involved with the elite netball pathway for many years, and most recently completed her University placement with the Adelaide Crows Football Clubs AFLW team. Tayla provides knowledge and experience from both the athletes and coaches perspective, and is passionate about providing the next generation with the nutritional skills and knowledge to fuel their bodies for both health and performance!



Zoe Hall

Content creator & nutrition assistant

From a young age Zoe had a keen interest in sports. Throughout school she participated in various sports including hockey, tennis, rowing, and cross-country running. Zoe's interest in nutrition came later on, once she had commenced her studies at university. Despite completing a double degree in law and media at university and obtaining work in private law shortly after graduating, Zoe decided her true interest was in nutrition and sports performance. It was at this point that Zoe undertook her Certificate IV in Nutrition and Certificate III in Fitness and took up a casual job at her local gym (whilst continuing to work full-time in law). After completing her accreditations in Fitness and Nutrition, Zoe began working for AB Performance Nutrition.





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Our aim is to empower adolescents to fuel their bodies to perform well inside and outside the classroom.

Our Philosophy

At AB Performance Nutrition we encourage long term healthy lifestyle changes by using balanced, sustainable and evidence based dietary approaches in our practices. We aim to empower young active individuals to fuel their bodies to perform both inside and outside the classroom, ultimately reaching their full potential!

We are dedicated to assisting high schools in transforming how young minds perceive nutrition. We believe that nutrition plays a huge role in the health, well-being, growth and development of adolescence and that this age group should be exposed to a range of topics that related to: basic healthy eating, fuelling for physical activity, fuelling for classroom performance and body image.

We hope that by providing nutrition education and practical tools to adolescence will set them up for a healthy and happy future.

We aim to provide nutrition education that is engaging and as interactive as possible in order for students to enjoy learning and get the most out of each session.

We wish we had access to nutrition support like ours as young active teens!

Our Services

Whether you require a one-off nutrition seminar to support your students well-being or a comprehensive series of seminars, our team is here to fully support your school community.

Our practical and interactive nutrition seminars are tailored for all year groups (7-12) and can be conducted in smaller classes or as whole year groups. Each seminar is conducted by our Accredited Sports Nutritionists, ensuring the highest quality of content delivery. All sessions are science based and can be further aligned with PDHPE/HPE curriculums across Australia, upon request.

We offer a variety of different services in order to support all schools as best we can. All seminars can be tailored to a specific topic, age group or sport. We conduct all sessions on site at your school, and we are open to virtual sessions if required.

Below is a breakdown of the 5 different school service options we currently provide. We propose certain topics based on our experience working with students and what we believe they will benefit most from, however we are happy to discuss tailoring seminars to suit your students or sporting academy's specific needs.

School services available:

- Yearly package
- Half yearly package
- Term only package
- Individual nutrition seminars (students or parents)
- Basic sports nutrition workshops

For any students within a school nutrition program, we offer a discount on individual nutrition support for those seeking further personalised guidance.

Please note that we do NOT provide education or advice around allergies, intolerances, special medical conditions or eating disorders.



Why Should Your School Invest?



Fruit and vegetable intake remains below recommendations.



1 in 4 adolescence experience anaemia (not enough healthy red blood cells to carry adequate oxygen to body's tissues!)



1 in 4 young people have serious body concerns.



1 in 5 adolescents is overweight or obese.

How Can Students Benefit From Our Services?



Increased concentration & mood in classroom

Improved energy throughout the day

Increased mental clarity & classroom engagement

Improved immunity, less sick days from school!

Increased attention to study & better exam preparation

Improved gut health, mental health & bone health

Optimised overall health & well-being

Sets them up to maintain healthy habits for life

Improved exercise performance

Reduction in sports related injuries

Improved relationship with body image & food

Improved competition performance

We can help by;

Supporting Students

Fuelling your body with nutritious foods is a key skill for life. We will help your students understand how nutrition and the health of their bodies connects to how their brain functions, along with the importance of fuelling your body to perform well in exercise.

Empowering Parents & Educators

Parents and educators should have the information needed to support growing bodies to perform at their best inside and outside the classroom!

Keep reading to see a breakdown of our services...

Option 1: Yearly Package

What's Included?

- 7 x 60 minute interactive nutrition seminars
- 1 x basic sports nutrition cooking workshop (date tbd)
(total of 2 workshops per term, 8 total for the year)
- Additional take home resources for students at each session
- 90 or 120 minute sessions available on request (note that pricing will differ)

Proposed Yearly Structure

Term 1:

- Session 1: Australian Guide to Healthy Eating & Nutrition Foundations for Teens
- Session 2: Building a healthy relationship with food, body image & physical activity

Term 2:

- Session 3: Fuelling for brain health, mood & concentration
- Session 4: Introduction into sports nutrition

Term 3:

- Session 5: Fuelling for performance: inside & outside the classroom
- Session 6: Sports nutrition cooking workshop (basic)

Term 4:

- Session 7: Understanding food labelling & packaging
- Session 8: Maintaining a healthy balanced diet for life

All sessions are science based and can be further aligned with PDHPE/HPE curriculums across Australia upon request. Further sports nutrition topics can be covered for school sports academies. All sessions would be age appropriated.

Investment: \$6000 upfront payment. (ex GST)
split payment options available



Option 2: Half Yearly Package

What's Included?

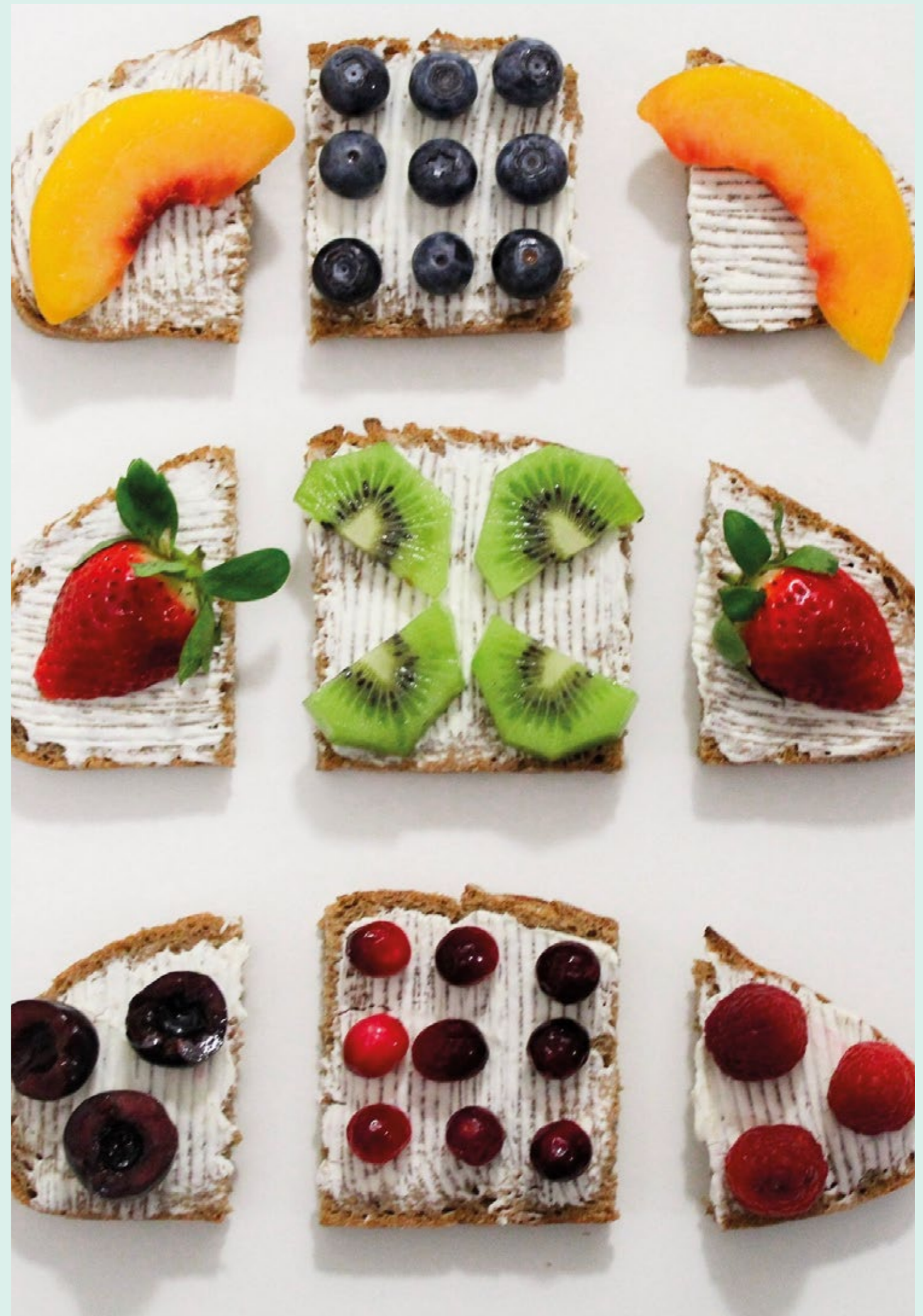
- 4 x 60 minute interactive nutrition seminars over the year
- 1 x basic sports nutrition cooking workshop (date tbd)
(5 sessions to be split up over two school terms)
- Additional take home resources for students at each session
- 90 or 120 minute sessions available on request (note that pricing will differ)

Proposed Half Yearly Structure

- **Session 1:** Australian Guide to Healthy Eating & Nutrition Foundations for Teens
- **Session 2:** Building a healthy relationship with food, body image & physical activity
- **Session 3:** Introduction to sports nutrition & fuelling for performance
- **Session 4:** Sports nutrition cooking workshop (basic)
- **Session 5:** Maintaining a healthy balanced diet for life

All sessions are science based and can be further aligned with PDHPE/HPE curriculums across Australia upon request. Further sports nutrition topics can be covered for school sports academies. All sessions would be age appropriated.

Investment: \$3000 upfront payment. (ex GST)
split payment options available



Option 3: Term Only Package

What's Included?

- 3 x 60 minute interactive nutrition seminars over the term (option to choose which term depend on availability)
- Additional take home resources for students at each session
- 90 or 120 minute sessions available on request (note that pricing will differ)

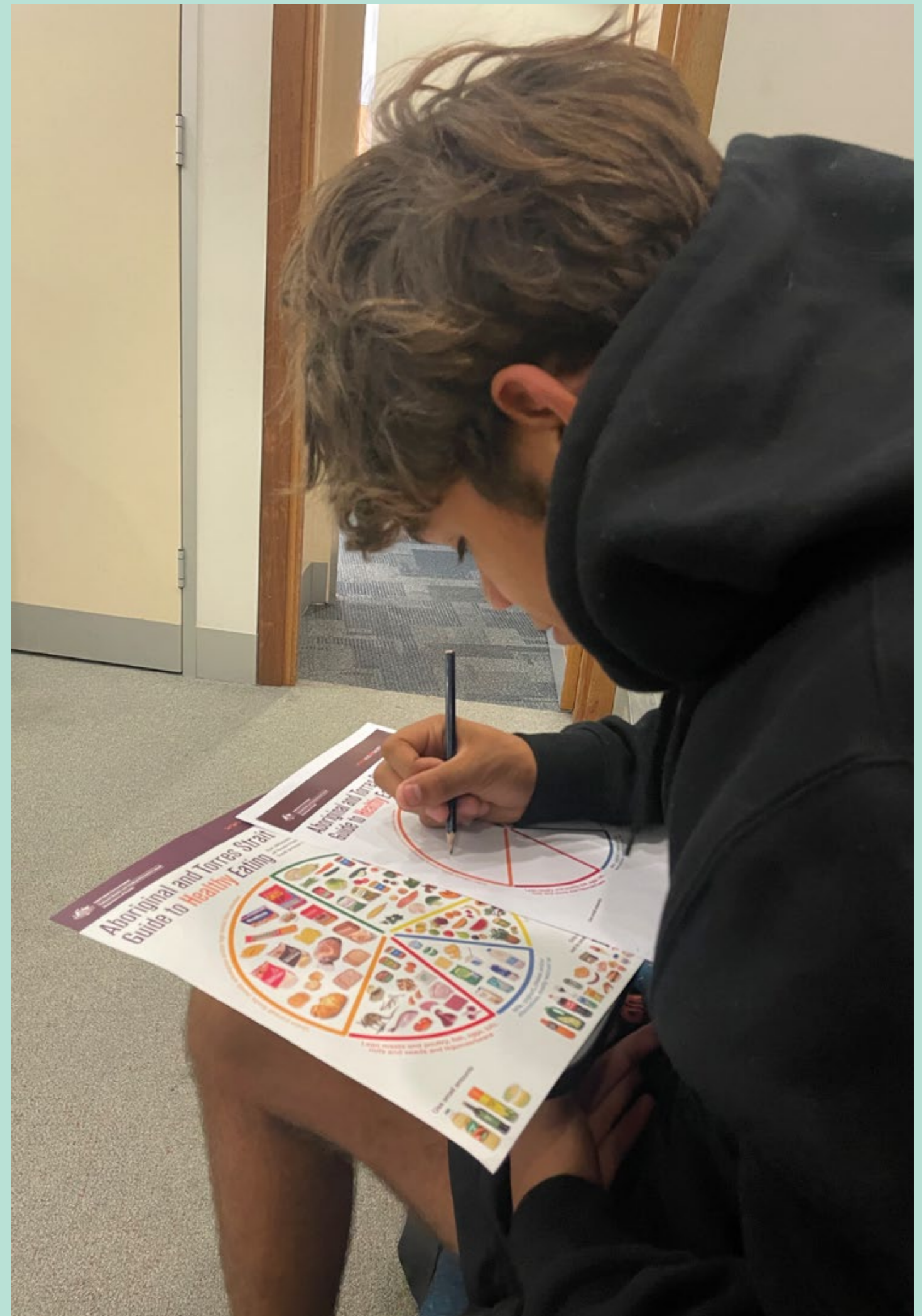
Proposed Term Only Structure

- **Session 1:** Australian Guide to Healthy Eating & Nutrition Foundations for Teens
- **Session 2:** Building a healthy relationship with food, body image & physical activity
- **Session 3:** Introduction to sports nutrition & fuelling for performance

All sessions are science based and can be further aligned with PDHPE/HPE curriculums across Australia upon request. Further sports nutrition topics can be covered for school sports academies.

All sessions would be age appropriated.

Investment: \$2100 upfront payment. (ex GST)
split payment options available



Option 4: One Off Seminar (Student or Parent)

What's Included?

- 1 x one off 60 minute interactive nutrition seminar
- Student or parent seminar options available
- Additional take home resources for attendees at each session
- 90 or 120 minute sessions available on request (note that pricing will differ)

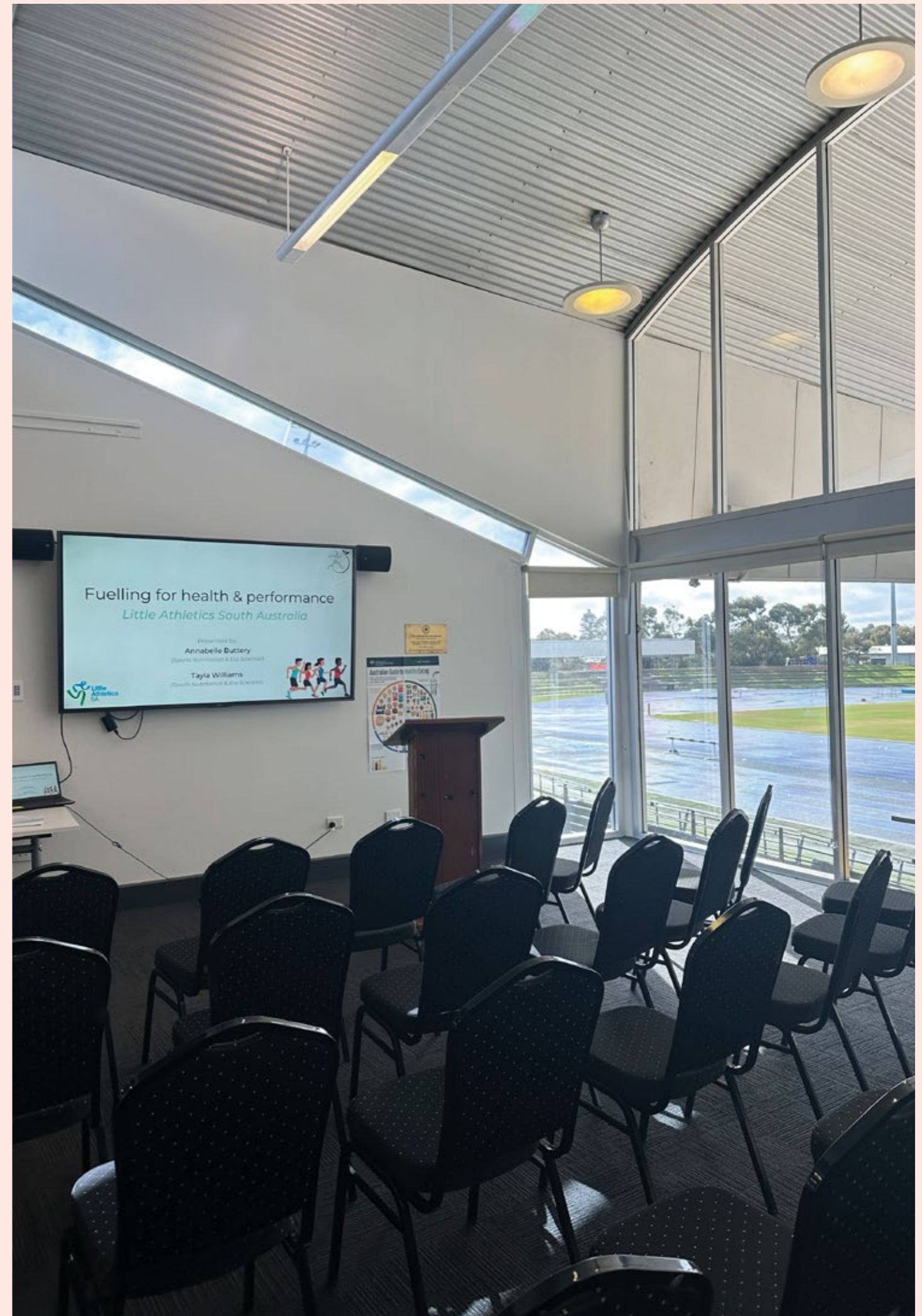
Seminar Content

We offer nutrition seminars on all different topics and are happy to tailor the seminar to specific classes, ages and academies. These can be booked for any stage over the year depending on our availability.

These are some topics we offer seminars on:

- Australian Guide to Healthy Eating & Nutrition Foundations for Teens
- Building a healthy relationship with food, body image & physical activity
- Fuelling for brain health, mood & concentration
- Introduction into sports nutrition
- Fuelling for competition & the importance of hydration
- Fuelling for your chosen sport
- Fuelling for performance: inside & outside the classroom
- Understanding food labelling & packaging
- Maintaining a healthy balanced diet for life
- Nutrition for active females
- How to build a healthy lunch box for active teens
- Nutrition red flags, low energy availability & RED-S
- Understanding your active teens nutrition needs
- Healthy and practical snack and lunch box ideas

Investment: \$700 upfront payment. (ex GST)
split payment options available



Option 5: Basic Sports Nutrition Cooking Workshop

What's Included?

- 60 minute interactive cooking workshop
- Additional take home resources i.e. recipes for each attendee

Seminar Content

- Max 30 students per workshop. All workshops conducted on school site with school kitchen facilities and equipment available. However, basic cooking utensils can be provided from us if needed.
- Students create foods that they are educated about within the nutrition seminars we offer.
- Option to choose which term depending on our availability.
- All dietary requirements taken into account, these must be submitted 2 weeks prior to the workshop start date.
- If interested in this option further discussion will need to be had about logistics of the workshop, so please get in touch with us.

Investment: \$700 upfront payment. (ex GST)
split payment options available

Preparation & clean up time included in this price.

However, this price does not include purchasing ingredients and equipment for the workshop.

This can be anywhere from \$100-250 depending on workshop size and type of cooking workshop.



FAQ's

What age group do you work with?

We can modify our seminars to suit any age group, we mainly work with high school students from years 7-12. We prefer age groups to be split up in nutrition seminars as it is difficult to provide information relevant to all ages.

How many people can attend your seminars?

We are happy to work with any group size, however we generally recommend no more than 50 people attend per seminar.

Are you flexible with the dates and times you can run your seminars?

What location do you run your seminars from?

Absolutely, we will work with your schools needs! We prefer to come to you to run our seminars, however depending on group size we may be able to host a seminar out of one of our consulting locations. Get in touch with us for more info on this!

What sports do you specialise in?

We specialise in team sports specifically, due to our backgrounds in AFL/W and netball. However, we work with athletes and active individuals from all different sports!

Do you provide advice and support on eating disorders?

Unfortunately not as this is not within our scope of practice, we are Sports Nutritionists and therefore recommend you seek advice from a Dietitian to provide support and awareness on eating disorders.

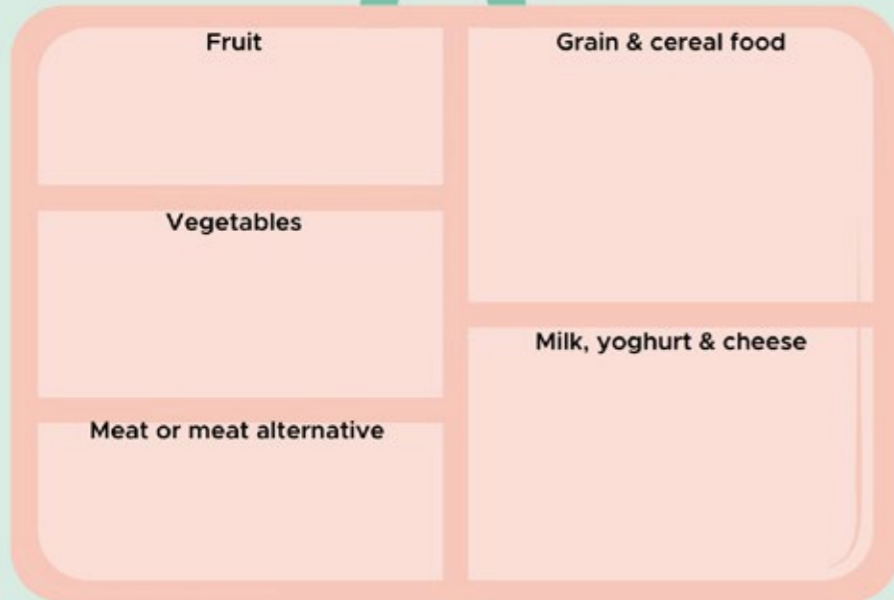


Example Resources

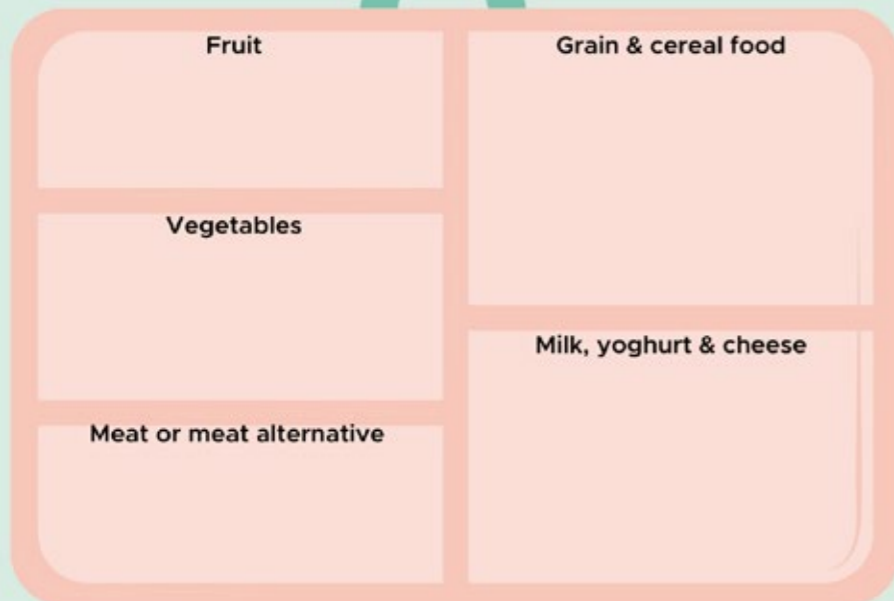
Activity 1: build a healthy lunchbox



Lunchbox Idea #1



Lunchbox Idea #2



AB PERFORMANCE NUTRITION

Game Day Nutrition Timeline

Saturday	
Dinner	6:30pm
Desert	8pm
Sunday	
Breakfast	7am
Small lunch	11am
Pre game top up	12-2pm
Match starts 2pm	
During game	2-4pm
Post game	4pm
Arvo snack	4:30pm
Dinner	7pm

AB PERFORMANCE NUTRITION

Fuelling Around Exercise

BEFORE

WHAT?
Carbohydrates (mix of slow release & fast digesting carbs)
Options that are low in fat & fibre, moderate in protein
Don't forget fluids!

WHY?
To top up energy (glycogen) stores, to delay fatigue and allow high intensities to be reached and maintained within your training session/game!
Fluids to prevent dehydration!

WHEN?
Meal 3-4 hours before training/game
Larger snack 2-3 hours before training/game
Smaller snack 1-2 hours before training/game
Fast digesting carbs/liquid snack <60 minutes

DURING

WHAT?
Carbohydrates (fast digesting)
Water
Electrolytes i.e sodium (if salty/heavy sweater)

WHY?
To top up energy stores to maintain high intensity performance, maintain concentration & reduce fatigue
Replenish fluid & electrolytes lost through sweat to prevent dehydration & support muscle contraction.

WHEN?
During longer intense trainings (>60 mins) - half way through i.e at 1 hour mark in 2 hour training session
During football games - half time, three quarter time

AFTER

WHAT?
Carbs (refuel)
Protein (repair)
Fluids (rehydrate)
Vitamins & Minerals (revitalize)

WHY?
Refuel with carbs to replace energy (glycogen) stores
Repair & rebuild damaged muscles with high quality protein
Rehydrate with fluids & electrolytes (lost in sweat)
Revitalize with vitamins, minerals & healthy fats to support health & inflammation

WHEN?
Protein, carbs & fluids within 60-90 mins post training/game
2 hours onwards return to healthy balanced meals, include all 4 key elements! Remember recovery continues for 48+ hours after exercise.

sports drinks & lollies generally needed for games only

AB PERFORMANCE NUTRITION

Fuelling Around Exercise

BEFORE EXERCISE	
3-4 hrs before	
1-2 hrs before	
<60 mins before	
DURING EXERCISE	
between bigger breaks (half time)	
between smaller breaks (quarter time)	
AFTER EXERCISE	
within 30-60 mins	
2+ hrs after	

AB PERFORMANCE NUTRITION

Game Day Example Timeline

SATURDAY 12PM GAME EXAMPLE

Preparation starts days before a game!

Friday	Saturday	Game starts
Dinner: 6pm Dessert: 7:30pm	Breakfast: 7am Early small lunch/large snack: 10am	Pre game top up: 10-12pm 12pm
• small + in carbs over the day • low fat/fibre • water & electrolytes	• small + in high GI carbs • low fat/fibre • focus on hydration all day	• small + high GI fast digesting carbs • low fat/fibre/protein • fluids & electrolytes
ALWAYS TRIAL GAME DAY NUTRITION STRATEGIES IN TRAINING FIRST!		
During game: 12-2pm	Post game recovery: 2pm	Post game lunch: 2:30-3:30pm
Post game dinner: 6:30pm		
• fast digesting carbs • fluids & electrolytes (sports drink & water)	• high quality protein • high GI fast digesting carbs • fluids & electrolytes	• Repair high quality protein • Refuel carbohydrates • Rehydrate: fluids & electrolytes • Revitalize: veggie/healthy fats

What Our Clients Are Saying...

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AB Performance has exceeded our expectations

The SANFL and Bachar Houli Foundation's experience with AB Performance has exceeded our expectations. Annabelle specialised the presentation for the participant's needs and halal dietary requirements, created an engaging presentation and was flexible in creating a protein ball workshop.

Participants were left with long term nutrition and health information which will benefit them for the rest of their lives.

Layan Sadeeh
Game Development Officer
SANFL, Bachar Houli Foundation



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I would recommend Belle to any team, athlete or individual

I've worked with Annabelle both as a private consultant for athletes and as our AFLW team Sports Nutritionist at AFC. Belle's professionalism and rapport along with efficient and effective methods allow her to achieve excellent results with our athletes over the long-term. I would recommend Belle to any team, athlete or individual looking to enhance their progress or performance through evidence-based and sustainable dietary interventions.

Jordan Sellar
High Performance Manager
Adelaide Crows Football Club - AFLW



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I wholeheartedly recommend AB Performance Nutrition to anyone seeking to enhance their health, performance, and overall well-being.

In 2023 The Tjindu Foundation wanted to increase program content within our Aboriginal AFL Academy to have a nutrition component. Annabelle, owner of AB Performance Nutrition was recommended by a program partner. Both Annabelle and Tayla have a deep understanding of nutrition and embedding their content into our program has been an empowering experience for our First Nations students. Content has been carefully considered and tailored to suit First Nations Young People. I wholeheartedly recommend AB Performance Nutrition to anyone seeking to enhance their health, performance, and overall well-being.

Kellie Graves
General Manager
Tjindu Foundation



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Empowering students to build a positive relationship with their bodies, food, and physical activity.

Additional Offers

We are happy to offer all students who's school has engaged with our high school nutrition seminars and are looking for more personalised support, 15% off all our services.



Get In Touch! We Would Love To Help.

-  0411 354 356
-  AB Performance Nutrition
-  @ab_performance_nutrition
-  abperformancenutrition.com.au
-  contact@abperformancenutrition.com.au



Please reach out if you have any additional questions or would like to make a booking, we would love to assist your students become the healthiest and highest performing version of themselves!

