

ORANGES IN SPORT

Mallee Sports Assembly is working together with Mildura Fruit Company and Sunraysia Farmers Market to support local sporting clubs in Mildura to provide local citrus to players on match days and training during Zest Fest, Saturday 4th August 2018.

We are asking clubs to express their interest in being involved in this great opportunity for their sport and to support our local industries.

If your club would like participate please contact MSA Mildura on the details below by **Friday 20 July.**

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[#mildurasmile](#); [#zestfest2018](#);
[#malleesportsassembly](#)



- Oranges replace calcium and potassium, vital for muscles and recovering after sport
- Oranges are rich in antioxidants that help maintain brain function and keep bones and joints in tip top shape
- They contain carbohydrate and water so they give you energy and refresh you
- Oranges are packed with Vitamin C
- They taste fantastic!

“Rehydration and replenishing carbohydrates that are used up during sports are essential for keeping young athletes on top of their game. Oranges are a great choice of snack at half time because they provide easily digested carbohydrates, water and vitamin C. They give youngsters that all-important energy boost they need for the second half.”

- Jane Griffin BSc RD, Sports Dietician and Nutrition Consultant

Participate, Feel Great

