

GRANTS FOR NUTRITIONISTS TO PUT THEORY INTO PRACTICE AT GRASSROOTS LEVEL

NEW FUNDING ROUND NOW OPEN: APPLY BY 2ND MARCH 2025

The GetPRO Professional Grassroots Sports Nutrition Grant, run in partnership between Danone UK & Ireland and the Nutrition Society, is once again open for applications. These grants provide support for early career sports nutritionists looking to enhance sports nutrition practices at the grassroots level. Following the success of the first round of grants, the second funding round will open for applications between 3rd February and 2nd March 2025, with grants of up to £2000 awarded in April.



"This grant has afforded me the chance to put the theory gained in my MSc research project directly into practice and has equipped the athletes with ways they can use sports nutrition to enhance their performance" says Kris Kumari Bowles, one of the recipients from the first round of grants awarded. She is using her GetPRO Professional Grassroots Sports Nutrition Grant to create a programme that includes a football-specific nutrition workshop and on-site support for the football players at Dunbar United U20's.

TOP TIPS

Robert Browne, Danone UK & Ireland's Senior Science Communications Manager, shares five tips for those interested in applying:

1 ADDRESS THE 5 CRITERIA:

Ensure the application covers each of the five judging criteria listed on the application website. This will demonstrate your understanding of the grant's objectives.

2 HAVE CLEAR AND REALISTIC OBJECTIVES:

Articulate the overall impact you are looking to make. How can your project make a difference to the health and performance of the amateur athletes?

3 BE REALISTIC:

Make sure your project is realistic and achievable within the given timeframe and budget.

4 CONSIDER THE 'HOW' NOT JUST THE 'WHAT':

Clearly outline not just what you plan to do, but how you will achieve it. This shows thorough planning and consideration of the feasibility of your project. Really consider the methods by which you are trying to support athletes and ensure that these are adapted to their needs and learning styles. For example, a series of practical workshops or 1-1 coaching sessions might be more practical than a 2 hour scientific lecture.

5 HAVE MEASURABLE GOALS OR OUTCOMES:

Define clear, measurable goals for your project. The selection panel will be looking for a clear indication of how you plan to track progress and demonstrate success. This could be as simple as a survey of nutrition knowledge pre and post your intervention, or more detailed dietary assessment of pre-match fueling.



"We hope that this grant programme allows a wider group of athletes to benefit from sports nutrition support and gives early career sports nutrition practitioners a chance to put their expert knowledge into practice."

Danone UK & Ireland's Senior Science Communications Manager
ROBERT BROWNE



For more details on the range of projects supported, how to apply, and to access the GetPRO Professional resource hub offering free, evidence-based tools for sports nutritionists, visit:
www.getpro.co.uk/getproprofessional.html

Hosted in partnership with The Nutrition Society

