

OPERATION CLEAN COMPETITION

LIVE INFORMED



PRESENTS

**NUTRITION &
DIETARY
SUPPLEMENT
SAFETY**

**FEATURED
SPEAKER**



DATE:

TIME:

SHOULD SUPPLEMENTS BE PART OF YOUR HEALTHY LIFESTYLE?

This program educates youth and adults about the realities of dietary supplements and the importance of nutrition for sustainable health. Our speakers communicate how nutrition is a solution for fueling the body properly and creating a food first culture for healthy lifestyles.



OPERATION: **LIVE INFORMED**



35% of middle/high school students admit to using a protein supplement



Do your homework:

What supplements can I take?
Are they safe?



There are **no** shortcuts to success



Operation Clean Competition is an outreach effort, educating Rhode Islanders on the dangers of Appearance and Performance Enhancing Substances and Nutrition & Dietary Supplement Safety. Funding for these programs is thanks to a grant provided by the Rhode Island Foundation.



LEARN MORE AT OPERATIONCLEANCOMPETITION.COM

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