



Nutrition Center Information

The Georgia Tech Sports Nutrition Center is there for your use. It is designed to provide healthy snack options to supplement your current meal plans. It is not intended to provide all of your food needs for the day. There is a greater focus on breakfast-specific items, given that our dining hall on the 2nd floor is not open for breakfast.

The Nutrition Center also provides plenty of space to study, do homework, meet up with teammates, or enjoy TV & card games. Because we have designated spaces in the Athletic Association for study hall, studying, & tutoring, there is no guarantee that the noise level will be suitable for school work. Having said that, please be aware of others in the space and keep the noise to a reasonable level.

Please be respectful of the space and the amount of student-athletes, coaches, & staff that use the space. Additionally, the space is included in recruiting tours and we would like to make sure it is a place that we are proud of. Please review the below set of guidelines, to ensure you are doing your part to keep the space in good shape:

- Limit yourself to no more than 3 items per visit. If you have a legitimate need to exceed this limit occasionally, just discuss with the nutrition center staff.
- Please use the Clorox wipes or paper towels to wipe up after yourself.
- If you use a blender, WASH IT AND SET IT ON THE COUNTER TO DRY FOR THE NEXT PERSON.
- If we are out of stock of something, you are welcome to check the back stock room for it. If so, we'd appreciate you refilling the supply for the rest of the student-athletes.
- If you see a spill or trash that you aren't responsible for, please help the staff out and clean it up or throw it away. Treat the space like it's your own home.

Other details about the Nutrition Center:

- Operating hours are from ~7:30 am – 6:00 pm, Monday – Friday. It is not regularly open on the weekends, though occasionally it will be open on game days if the nutrition center staff needs to access it.
- Inventory for most products are ordered on Mondays by 5:00 pm, and are delivered on Tuesdays before 5:00 pm. This is done weekly. We do not have enough storage to order more than a week's worth of supply. We are trying to provide snacks for close to 400 student-athletes, so be patient if your favorite product runs out prior to the Tuesday delivery. We do the best we can to adjust and accommodate. Energy bars, jerky, vitamins, and other supplements are not ordered through the weekly order. Those are ordered as-needed.
- If you have food allergies, special dietary needs, or other special requests, please discuss with nutrition center staff. Not everything can be accommodated, but we will do the best we can.