



What is Zipongo?

Zipongo® is a nutrition solution that offers healthy recipes, grocery store deals, and an easy way to plan out your meals, all tailored to your personal food profile.

How do I check out Zipongo?

After you have been enrolled in ACES Nation, and your organization launches the 'Nutrition Module', you can log into Zipongo in the 'Quick Access' nutrition section on your organization's ACES Nation microsite.

Is there a cost for members to use Zipongo?

No, not if your organization is providing the 'Nutrition Module' from ACES Nation to its members.

Why is ACES Nation offering this program?

ACES Nation is committed to elevating the performance and improving the well-being of student-athletes. Zipongo's nutrition resources and tools will help to achieve this goal.

How long will I be able to join Zipongo?

Once you have been enrolled by ACES Nation, you will have to access Zipongo for one year.

What can I do once I'm registered for Zipongo?

- Browse delicious and healthy recipes
- Save favorite recipes and access them easily later
- Get a healthy meal plan automatically generated for you, along with your shopping list
- Try Zipongo's quick and easy recipes
- Receive bi-weekly nutrition tips via email
- Find prices/ discounts on your shopping list items at your favorite grocery stores

How does Zipongo know what meals are good for me?

Recommendations are generated based on your biometric data and your responses to the survey questions. These will be improved over time if you choose to enter more information and as you use the product.

What information do members need to sign up?

ACES Nation will automatically enroll all members receiving the 'Nutrition Module' from their organization. You can create a Zipongo account with the email address you have linked to your team/organization (the inbox in which you received a Welcome email from Zipongo) and a password of your choice.

What emails will Zipongo be sending me?

- Zipongo will send you a welcome email to help you get started with the service, followed by bi-weekly healthy eating tips, meal ideas, recipes and more from Zipongo's registered dietitians. You can change your email preferences at anytime.
- Periodically (not more than once every 3 months) we will send an email to registered users asking for feedback on the Zipongo service.

What is Zipongo's privacy policy and terms?

You can visit <https://zipongo.com/privacy> and <https://zipongo.com/terms>.

