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Elementary School Nutrition Programs

Practical, engaging nutrition education designed to support growing kids and the busy families raising them. All sessions are led by a Registered Dietitian and focus on realistic, sustainable habits — not food rules or dieting.

Programs are available in 30, 45, or 60-minute formats and can be customized for your school community.

Parent-Only Presentations



Raising Healthy Eaters Without Mealtime Battles

Help parents reduce stress and power struggles around food.

- What's normal with picky eating
- How to avoid pressure, bribery, and food battles
- Practical language that builds confidence and trust

Fuel for Focus: Nutrition & Brain Power

Support learning, energy, and classroom behavior through balanced nutrition.

- How food impacts attention and mood
- Smart breakfast and snack strategies
- Preventing afternoon energy crashes



Healthy Lunchboxes That Kids Will Actually Eat

Simple systems for packing balanced, realistic school lunches.

- A no-stress lunch formula
- Time-saving prep strategies
- Snack ideas that support steady energy

Sugar Smarts for Parents

Cut through confusion and make informed choices.

- Understanding added sugar
- Label reading made simple
- Reducing sugar without restriction

Let's Plan Your Next Parent Night!
Presentations can be tailored to your school's goals and audience.
Contact me to discuss availability and customization options.



Find out more
on my website

