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Elementary School Nutrition - Parent & Child Interactive Workshops

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.

Eat the Rainbow

A fun, engaging workshop that teaches kids why colorful foods matter.

- Learning food groups in an age-appropriate way
- “Nutrition superpowers” by color
- Vegetable art craft (e.g., stamping with veggies)
- Take-home rainbow tracker



Snack Smart for School & Sports

Helping kids build balanced snacks for energy and play.

- How to pair foods for steady energy
- Hydration basics for active kids
- Simple snack-building formula

Build a Better Plate

A hands-on session that teaches balance in a visual, kid-friendly way.

- Understanding food groups
- Building a balanced plate
- Easy ways to help at home



Breakfast Power Hour

Creating easy, balanced breakfasts to start the day strong

- Interactive breakfast-building stations with props (smoothies, toast toppers, egg muffins)
- Parent-child breakfast relay race with balanced meal planning
- Brief talk on blood sugar and focus in school
- Takeaway: Quick breakfast recipes + meal prep guide



Find out more
on my website

