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Staff and Teacher Workshops

When educators feel energized and supported, students benefit too. These trainings offer realistic nutrition strategies for both staff wellness and student success.

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

Fueling the School Day: Nutrition for Energy & Focus

Help educators understand how nutrition impacts student learning and behavior. Improve performance and behavior.

- How hunger, skipped meals, and sugar highs affect attention and mood
- Signs a student may be under-fueled
- Simple, appropriate ways to support students during the school day

Supporting Students Without Food Shaming

Give staff the language and awareness to promote a healthy food environment and support social-emotional learning.

- Avoiding “good vs. bad” food language
- How comments about food or bodies can impact students
- What to say instead (practical scripts)

Fueling Young Athletes & Active Students: What Teachers Should Know

Help coaches, PE teachers, and staff support active kids.

- Basic fueling and hydration needs
- Common misconceptions (sports drinks, supplements, skipping meals)
- How to reinforce healthy habits at school



Beat the Afternoon Slump for Educators

Supports teacher and staff well-being. When teachers feel better, classrooms run better.

- Quick, realistic meal and snack ideas for long school days
- Maintaining energy without relying on caffeine and sugar
- Simple planning strategies for busy schedules



Find out more
on my website

