



Nutrition Education and Teaching Students to Appreciate Healthy Eating

January 20, 2026

1:30 PM - 2:00 PM

Professional Standards Learning Codes: 1210, 1220



Meet Your Host



Kim Ruiz, RDN

HEALTH AND NUTRITION SERVICES SPECIALIST

Welcome!



upLIFT was designed specifically for child nutrition professionals like you. It offers resources to help you LEARN about nutrition, get INSPIRED on meal choices for your participants, FEED students healthy meals, and TEACH others in your community about your programs.

You can look forward to materials and monthly webinars featuring unique upLIFT content showcasing Arizona child nutrition professionals, and providing ongoing inspiration throughout the year. This will empower you to upLIFT your programs in your own unique way!

Nutrition Education with Osborn School District

Osborn School District

Theresa Mazza
Registered Dietitian | Chef
Osborn School District



School Profile

Osborn School District



- District Size: 2,350 students
- Number of Schools: 6
- Number of Served Students: ~2,000 students
- 95% attendance-based participation
- Free & Reduced Percentage: Community Eligibility Provision
- Budget: \$2.2 million
- Team Size: 2 Admin + 25 Staff + 1 Contractor
- Meals Per Year: 368,588 student lunches SY 2024-2025
- Scratch and speed-scratch cooking; local beef and produce; garden programming; cooks and bakers in each kitchen

Nutrition Education Beginnings

My OSD Nutrition Education Story

- Started out as an intern at Osborn - refused to leave
- At the time, there was little to no nutrition education
- Already had an LLC, didn't want to work full-time
 - Fit better with the district dynamic
- Began working as a contractor 2 weeks after graduating
- Initially taught in 6 classrooms at one school, which has grown to over 50 classrooms at all six Osborn schools!



Finding Key Players

District Key Players

- Staff that will conduct nutrition education (RDNs, Admin, Coordinators, Managers)
- District level admin (Superintendent, board members, etc.)
- Principals at each site
- Teachers/Master teachers
- Social workers



Specifics to Consider...



Lesson Planning

- Where will you hold classes?
- Will they be lecture-style or more hands-on?
- At what frequency will you teach classes?
- How many classes can you teach at that frequency?
- What is your nutrition education budget?
- Who will teach these classes?
- Should you hire someone?

Implementation

Steps to Nutrition Education Implementation

From idea to classroom in 2 months!

1. Hired as a contractor in mid-January
2. Distributed flyers with topic ideas to principals and wellness committee (no bites!)
3. Decided to reach out to master teachers (one school was interested!)
4. Started with one school, 6 teachers; way too many topics, poorly set up schedule, and no real idea of how things were going to go!
5. Decided on a snack for each lesson
6. Made it into the classroom!

Scheduling

Logistics and Scheduling Classes

- Decide on the frequency of classes
- Ask teachers/master teachers the best days/times to set up nutrition education
- Be sure to schedule breaks and lunches
- You may need to send sign-up sheets through a third party, such as a principal or school social worker
- Google Forms are great! Doesn't have to be super formal!
- Schedule one month out
- Be persistent

Example of Schedule

[illegible]

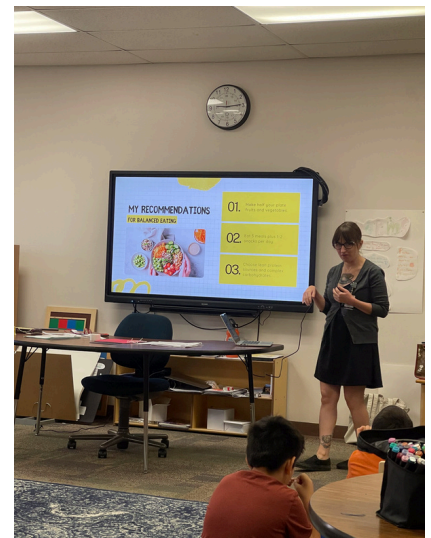
Getting in the Classroom!

In the Classroom:

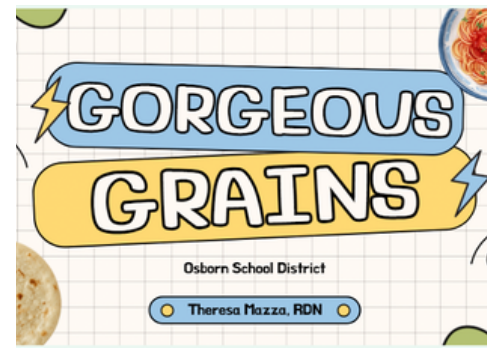
- Monthly themed lessons based on age (30 minutes in length)
- Always start with a fun fact!
- Give out a snack

In the Garden Cafe:

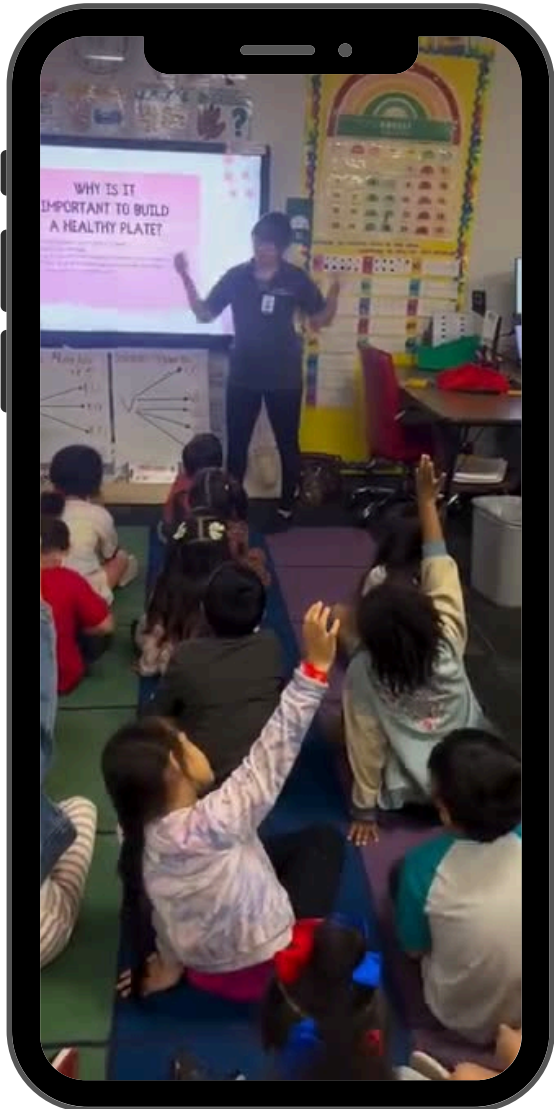
- Every other month, themed culinary lessons based on age (60 minutes in length)
- Students prepare a recipe after hearing a short nutrition lesson



Topic & Snack Ideas



Student Perceptions



Response to Nutrition Education

- Celebrity status
- Constantly asked by students when I am coming back
- Students can verbalize lessons they learn
- They love trying new snacks
- Much more eager to try things when their friends are trying it
- Many students are reporting making the snack recipes or culinary ed recipes at home with family

What we have learned!

Lessons Learned

- I control the narrative - monthly themed lessons
- Schedule on my time, not spend hours figuring out everyone else's schedule
- Talk with teachers to find the best time blocks (lunch, specials, etc.)
- You might have to be annoying at first
- Kids really love snacks



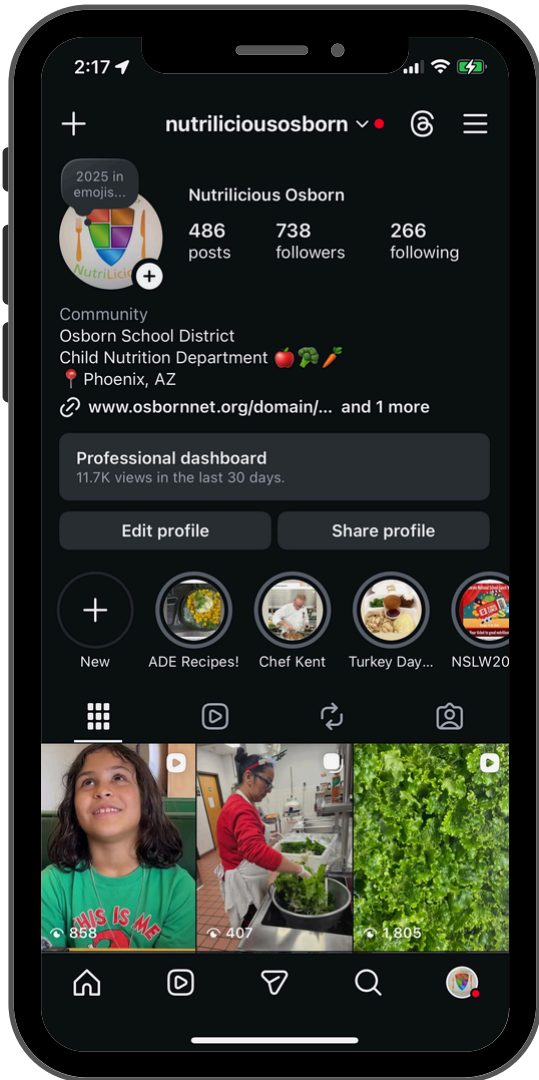
Building Trust

Positive Outcomes

- Every nutrition education is tied back to the lunch program
- Students feel more comfortable sharing their opinions
- They feel empowered to ask for items they want to see!
- They are making the connection between healthy eating and the cafeteria - nutrition education is the bridge
- High participation shows trust from families & students alike



Share Your Wins



Tell Your Story!

- Highly suggest your CN program has its own social media account
- Sharing your nutrition education efforts on socials can help build trust, gain new interest, and show the community what students are learning
- Posting on social media shows transparency and can attract families to your district

Top 5 Tips For...

Implementing a Nutrition Education Program

- ✓ **Tip #1:** Find your cheerleaders at each site education to do these classes - it's a lot of work!
- ✓ **Tip #2:** Find someone passionate about nutrition.
- ✓ **Tip #3:** Create a schedule that works for your district.
- ✓ **Tip #4:** Start small-scale when you can.
- ✓ **Tip#5:** Get started - make it perfect later.

Osborn School District

Contact Info

Email: tmazza@osbornsd.org

Phone: 602-707-2031

Website: osbornschools.org

Follow us on Instagram:

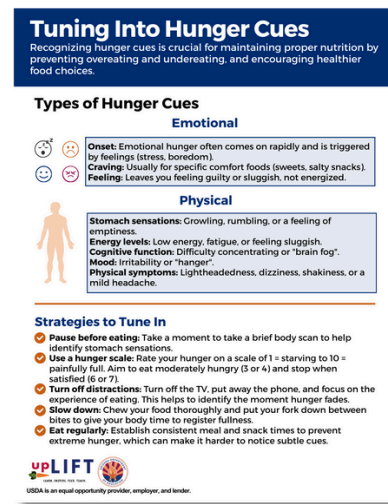
@nutriliciousosborn



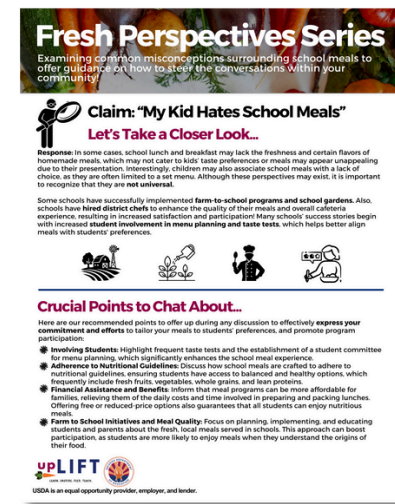
Resources



Taste AZ



Nutrition Knowledge
Fact Sheet



Fresh Perspectives

<https://www.azed.gov/hns/nsip/uplift/>

Looking Ahead...

Join us in February!

Success Stories From the Field: Schools that Transformed Their Meal Programs

Date: February 17, 2026

Time: 1:30 PM - 2:00 PM

Join us next month for an exciting session featuring a district that has revolutionized its meal program! Queen Creek Unified District has adopted a variety of meal service strategies that significantly boost participation, including a food truck that caters to students enjoying school lunches. Don't miss this opportunity to hear their inspiring story and gather tips on how you can implement similar initiatives in your own programs!



Thank you!

Any questions?
Please type them into the Q&A now.

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Congratulations!

You have completed the recorded webinar: [Nutrition Education and Teaching Students to Appreciate Healthy Eating](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

Training Title: Recorded Webinar: [Nutrition Education and Teaching Students to Appreciate Healthy Eating](#)

Professional Standards Learning Codes: [1210](#), [1220](#)

Length: [0.5 hour](#)

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your ADE Professional Learning Development (APLD) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: **Nutrition Education and Teaching Students to Appreciate Healthy Eating**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

