

MEET

STACEY WOODSON, MS, RD, LDN

Stacey is a dietitian-nutritionist and entrepreneur. She has over 15 years of experience in the field of nutrition. Stacey is a counselor, speaker, and author on the topics of nutrition and wellness. She loves teaching children about nourishing food choices and introducing them to new foods.

Stacey is also a gardening enthusiast. She strongly believes that all people should have access to affordable, farm-fresh foods. So, she works within her community to combat food insecurity by growing food.

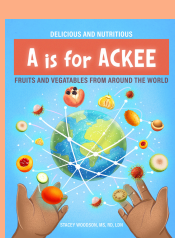
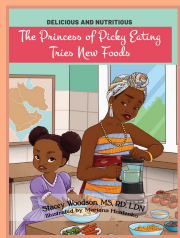
The Delicious and Nutritious Series was inspired by and loosely based on her children. Stacey lives in Philadelphia, PA with her husband, three children, and her cat.



ABOUT THE BOOKS

Ignite your child's love for nourishing foods by sharing the Delicious & Nutritious Series written by the esteemed registered dietitian and homeschool mom, Stacey Woodson.

The Delicious & Nutritious series is comprised of **The Prince(ss) of Picky Eating Tries New Foods**, **Grow. Eat. Repeat. A Love Letter to Black-Eyed Peas**, and **A is for Ackee: Fruits and Vegetables From Around the World**. The series is sure to engage all children with beautiful illustrations, dynamic characters, lots of alliterations and repeating phrases. Children will learn about a variety of topics including foods from around the world, basic nutrition, the importance of trying new foods, the life cycle of a plant, gardening, diversity & inclusion, Black History, and more. This collection is perfect for parents & educators looking to improve the health of the children in their lives and add diverse stories to their home libraries or classrooms.



What are people saying?

“
Stacey is very calm and supportive. She takes her time to coach me on what is best for me to eat and suggests activities I might like to get me to be more active. -Nutrition Client
”

“
Your book is amazing! It not only teaches children about the food groups, eating nutritiously and trying new things, but is a multicultural lesson as you explain where the foods are often eaten. It expands children's vocabulary and I like that you include a glossary. I also love the illustrations. -School Principal
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“
I walked away with a wealth of knowledge that I did not have prior to the workshop and will use that knowledge in my kitchen.
-Workshop Participant
”

Work with Stacey for your next event!

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| SPEAKING ENGAGEMENTS | BOOK SIGNINGS |
| AUTHOR VISITS | NUTRITION/GARDEN WORKSHOPS |
| GROCERY SHOPPING TOURS | COOKING DEMOS & MORE |

VIRTUAL & IN-PERSON SERVICES ARE AVAILABLE!

CONTACT INFO:

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