



**Barbara Storper, MS, RD**

**Founder/Executive Director**

**FoodPlay Productions**

**Contributing author:**

**Section 4 Showcase: “Make Nutrition Come Alive”**

Barbara Storper, MS, RD is the founder and Executive Director of FoodPlay Productions, a national award-winning nutrition theater and media company that has brought live shows and resources to turn kids on to healthy habits. Her programs have reached millions of children throughout the country to rave reviews, evidence based evaluations showing dramatic improvements in children’s eating and physical activity habits, and a host of national nutrition and media awards plus an Emmy Award for “Best Children and Youth TV Special.” She has written and produced several national touring theater productions, videos, TV specials, public service campaigns, children’s books, curricula, hands-on tools, and resources to help kids make choices that are good for their health and the health of the planet. Barbara especially enjoys presenting trainings for dietetic interns and nutrition educators to help them think outside the box to harness their true passions and use creativity to enhance their effectiveness. She has partnered with government agencies, school districts, community organizations, health care companies, and corporate partners to develop high-impact programs to improve the nutritional status of children. Barbara has a Journalism Degree from the University of Michigan, a MS in Nutrition from Columbia University Teachers College, and an RD from Frances Stern Nutrition Center of Tufts University. She has also enjoyed years of training in theater, puppetry, juggling, storytelling, mime, and clowning!

**What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?** As nutrition educators, we have such important information to impart, however the success of our message has a lot to do with the way we can connect with our clients or audiences. I hope this book helps colleagues to bring their own special talents, interests, and creativity into their work, in order to better engage, inspire, and empower people, especially children, to make their choices healthy ones. We know that presenting just the facts often does not affect behavior change, we have to find the openings in the people we work with. That requires deep listening, and understanding where the person is at. This book offers a pathway to these connections, and a host of practical ways that nutrition educators can connect authentically and successfully. For my part, using theater, the arts, and creative hands-on approaches, especially when working with children, has been a great joy throughout my career – and I hope it inspires others to bring their own special passion to their work as well. It will make a big difference for the client or audience as well as for the nutritionist.

### **Connect with Barbara:**

**Website:** [www.foodplay.com](http://www.foodplay.com)

**Email:** [barbara@foodplay.com](mailto:barbara@foodplay.com)

**LinkedIn:** Barbara Storper

**Facebook:** <https://www.facebook.com/foodplay>

**YouTube:** <https://www.youtube.com/user/foodplay>