

# JILL CASTLE

CHILDHOOD NUTRITION EXPERT  
REGISTERED DIETITIAN  
NUTRITIONIST



Jill Castle is a childhood nutrition trailblazer, known for her ability to help healthcare, company and policy leaders identify and implement initiatives for children to lead healthier lives - and inspire parents to incorporate nutrition knowledge and balanced eating into their parenting styles so their children can grow and develop a healthy relationship with food. Drawing on over 30 years in the field of pediatric nutrition, Jill's talks are impeccably researched and evocatively inspiring, as she shares stories that serve as both a welcome wake up call and garner feedback such as "Jill was amazing and I wanted her to speak longer."

*"I learned more about feeding my daughter during Jill's talk than I have in the well over a decade that I have spent reading books and blogs and even listening to my daughter's pediatrician. Jill has a clear and direct speaking style that pretty much turns everything you have heard about childhood nutrition on its head, without in any way shaming those of us who sneak in those chicken nuggets and fries. I walked away from that talk committed to making clear changes in how I feed my daughter, and my family. I am extremely grateful that I had the opportunity to benefit from the vast knowledge that Jill is able to share."*

COURTNEY SPENCER

TRANSFORMATIONAL LIFE AND BUSINESS COACH, SPEAKER, ATTORNEY

SIGNATURE KEYNOTE & WORKSHOP

## Size Wise: Promote and Protect Child Health and Wellbeing at All Sizes

In this content rich, timely keynote, Jill blends experience, research and stories to illustrate that a new model for helping kids in bigger bodies is critically needed. The Whole Child Health model showcases physical health and emotional wellbeing as equally essential – and critical – for every child, at every size. Using 8 Pillars of Wellness, Jill offers a path that not only promotes health and wellbeing but also offers a roadmap for families who may be worried about their child's weight or growth, or who want to incorporate a strong foundation of lifestyle behaviors early on. Audience members walk away motivated to take a holistic approach to child health, focusing on health behaviors and wellness rather than food intake or weight goals, incorporating these into their policies, programs and practices.

*"Thank you for sharing your wisdom and experiences... Your presentation was jam-packed with relevant, timely and practical nutrition information... You rock!"*

KAREN MCGRAIL, MED, RDN

DIRECTOR OF THE JOHN STALKER INSTITUTE, FRAMINGHAM STATE UNIVERSITY

To book Jill for your conference, company or organization, please contact [jill@jillcastle.com](mailto:jill@jillcastle.com) with your booking request.

## The Nutrition Prescription for Healthier Kids (Workshop: Nourished)

In this popular, rich, relatable keynote, Jill blends passion and research with her personal story of nourishing her own child – to illustrate that creating a nation of healthy kids requires a systematic nutrition education program for parents, and must incorporate a trifecta of food, feeding, and childhood development. Jill imparts the revelatory message that focusing on food alone will not change the health of our nation's children. Audience members walk away inspired to integrate a new, innovative solution that incorporates education about food, feeding, and child development into their programs, policies and practices, along with concrete applications, and the inspiration to act immediately on what they've learned. \*This keynote can be fashioned into a half- or full-day workshop.

### Other Breakout Sessions

THESE TOPICS CAN BE FORMATTED INTO A HALF OR FULL-DAY WORKSHOP.

- **Best Fed Babies: The Amazing Race to Build Smart Brains and Adventurous Palates**  
Set the future health and food preferences of our youngest children with nutrients, food and feeding strategies in the first 1,000 days.
- **How to Raise a Smart Snacker in an Ultra-Processed, Packaged Food World**  
S.N.A.C.K. S.M.A.R.T. helps families set the tone, environment and parameters for healthy snacking habits in the home.
- **The Picky Eater Continuum: From Fussy to Fearful Eater**  
Help children navigate food in non-traumatic ways and learn to like food, whether they're typically fussy or fearful of food.



### Meet Jill

Jill Castle is one of the nation's premier childhood nutrition experts. Known as a paradigm shifter who blends current

research, practical application and common sense, Jill inspires audiences to think differently about raising and feeding kids.

A sought-after speaker, advisor, and media contributor, Jill has inspired audiences from the TEDx stage as well as a range of medical, government and parent audiences. Jill serves on the Board of Advisors of Parents magazine, and has been featured as a guest expert in CNN, The Washington Post, The New York Times, Forbes and many other outlets. She helps startups and companies in the kid food space as an advisor and consultant.

Jill is the creator of The Nourished Child®, a parent nutrition education website, and author of the books, *Eat Like a Champion*, *Try New Food*, *The Smart Mom's Guide to Starting Solids*, *The Smart Mom's Guide to Healthy Snacking*, and co-author of *Fearless Feeding*. She interviews experts on her podcast of the same name.

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