



SY 25-26 upLIFT Initiative:

School Year 2025-2026 upLIFT Topics



Webinar Topic

Taste AZ Promotion

Nutrition Knowledge Fact Sheet

Fresh Perspectives

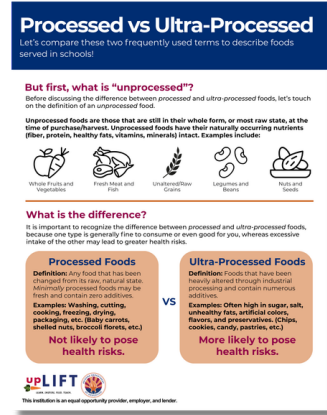
September 2025

**Introducing Plate to Palate:
Transforming
School Meal
Perceptions!**

[\(Recording\)](#) [\(Slides\)](#)



[Summer Squash](#)



[Processed vs Ultra-Processed](#)

Claim #1

["School Meals are Too Processed"](#)

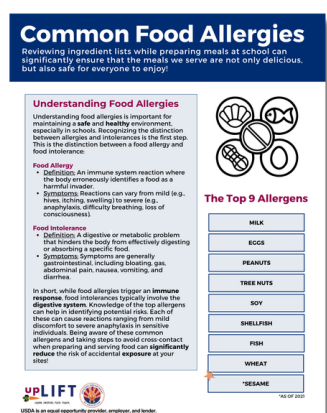
October 2025

**Innovative Menu
Design: Creating
Tempting and
Nutritious School
Meals**

[\(Recording\)](#) [\(Slides\)](#)



[Sweet Bell Peppers](#)



[Common Food Allergies](#)

Claim #2

["School Meals Taste Gross"](#)

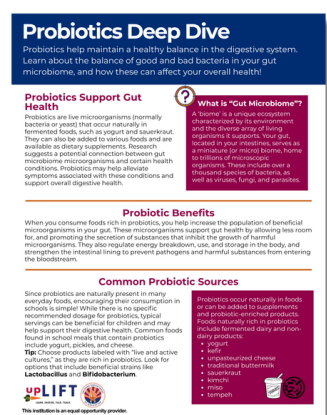
November 2025

**From Farm to
Cafeteria: Sourcing
Fresh, Local
Ingredients for
Schools**

[\(Recording\)](#) [\(Slides\)](#)



[I'itoi Onion](#)



[Probiotics Deep Dive](#)

Claim #3

["School Meals are High in Sugar"](#)

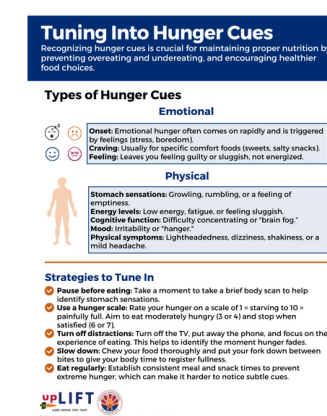
January 2026

**Nutrition
Education and
Teaching Kids to
Appreciate Healthy
Eating**

[\(Recording\)](#) [\(Slides\)](#)



[Oranges](#)



[Tuning Into Hunger Cues](#)

Claim #4

["My Kid Hates School Meals"](#)

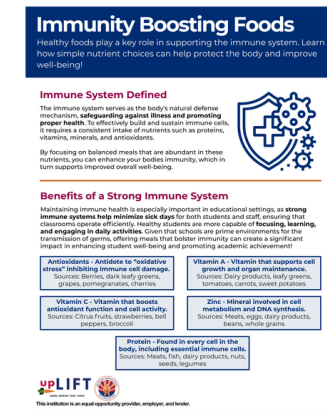
February 2026

**Success Stories
from the Field:
Schools that
Transformed Their
Meal Programs**

[\(Recording\)](#) [\(Slides\)](#)



[Broccoli](#)



[Immunity Boosting Foods](#)

Claim #5

["School Meals Contribute Too Much Food Waste"](#)

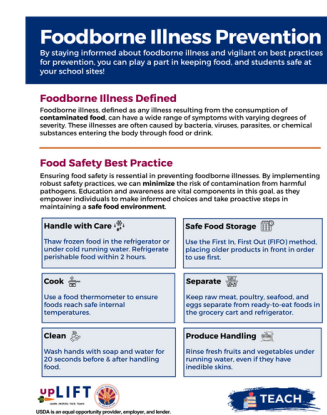
March 2026

**Opportunities for
Program
Recognition
Featuring AHS and
Laveen School
District**

[\(Recording\)](#) [\(Slides\)](#)



[Kale](#)



[Foodborne Illness Prevention](#)

Claim #6

["School Meals Are Paid For by the School's General Education Fund"](#)

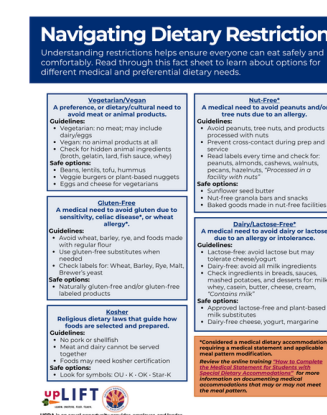
April 2026

**Creating Confidence
in the Kitchen -
Scratch Cooking
Edition**

[\(Recording\)](#) [\(Slides\)](#)



[Beans](#)



[Navigating Dietary Restrictions](#)

Claim #7

["School Menus are Limited and Boring"](#)

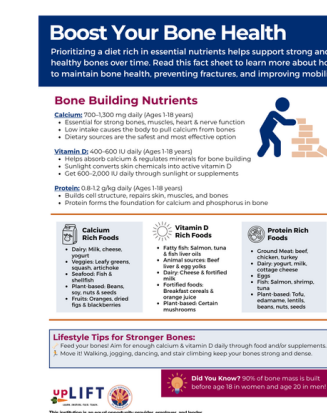
May 2026

**Taste Testing and
Feedback: Involving
Staff and Students to
Improve Meal
Programs**

[\(Recording\)](#) [\(Slides\)](#)



[Strawberries](#)



[Boost Your Bone Health](#)

Claim #8

["Schools Sell Too Much Junk Food"](#)

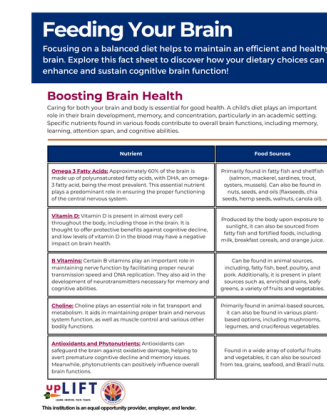
June 2026

**Parent Involvement:
Encouraging Family
Participation in
School Nutrition**

[\(Recording\)](#) [\(Slides\)](#)



[Local Produce in Arizona](#)



[Feeding Your Brain](#)

Claim #9

["Positive Marketing Has No Effect on Your Program"](#)