

# FERN RIDGE

## October Nutrition Newsletter



### Welcome Fall

Welcome to your monthly newsletter! We are excited to share our story with you!



Look for activities at all the schools for the October theme.



MR. BO GOTTFRIED  
DIRECTOR OF DINING SERVICES  
509-949-7910  
[BGOTTFRIED@COMPASS-USA.COM](mailto:BGOTTFRIED@COMPASS-USA.COM)

### Chartwell's Staff for 2023-2024 School Year

Veneta  
Kim Tibbits  
Samantha Bailey

Elmira Elementary  
Violet Lambert  
Melody Halsey

Fern Ridge Middle School  
Jill Trip  
Sabrina Fox

Elmira High School  
Nina Seki  
Lori Johnson  
Linzey Boles  
Renee Ota

## This Month in Discovery Kitchen

October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

In October, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.

chartwells  
**Discovery**  
KITCHEN



**Cheers to Nina Seki for being the Chartwell's Fern Ridge Cheers winner of the month.**



EVERYTHING  
tastes fresher when  
it's right from the  
farm or garden!