

FERN RIDGE

March Nutrition Newsletter

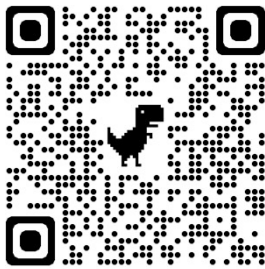


Did You Know?

All Fern Ridge Schools Menus are available online allowing families to:

- ✓ See nutritional facts for every menu item, including calories, fats, proteins, etc.
- ✓ Filter for common food allergens
- ✓ Rate favorite menu items
- ✓ Plan ahead to be sure not to miss favorite meals during the week.

Scan to access current online menus:



<https://fernridge.nutrislice.com/>
Or download the Nutrislice App today



Our staff is amazing
March Cheers Winner
Samantha Bailey



Did you know that wasted food is the single largest category of material placed in municipal landfills? Or that 40 percent of our food supply is wasted and that each of us throws away nearly 300 pounds of food each year? During April in the school cafeteria, students will be able to participate in a variety of Discovery Kitchen activities and experiences with our "Be A Waste Warrior" theme. Since April is Earth Month and April 29 is Stop Food Waste Day, we will be featuring foods and programs that highlight the many ways that students and the community can make a difference in reducing food waste, in addition to activities designed to help them consider resources and protecting the environment.

Chefs and dietitians have organized activities for students to taste and learn about delicious plant-based foods, while increasing awareness about food waste and environmental impact.

Thank you to
Fern Ridge School District

for honoring Chartwell's the privilege to continue serving the Students for five more years. At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal – delivering the best foodservice possible.

The Chartwell's Staff at Fern Ridge
School District



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