



NOVEMBER 1, 2023



SEED TO TABLE

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 organize Discovery Kitchen experiences in the cafeteria at all of our schools with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed to table.



Thanksgiving has always been my favorite holiday.

I love gathering with family, the falling leaves, football games, and of course-the food! As a chef, I love to fill our Thanksgiving table with favorites for my whole family--mashed potatoes for my sister, gravy for my brother, and pie for me!

I also love the time to slow down and consider all that we are thankful for. One thing always at the top of that list is this district, our students and families, and our wonderful teachers and administrators! We count ourselves deeply fortunate to serve and support this district, and send wishes to you all for a restful time this month as we start to approach the holiday season!

See inside for updates and photos for some of the fun events that happened in October!

Ben

Benjamin Leahey
Director of Dining Services

bleahey@westportps.org

203-341-2431

Follow us on Instagram:
SHS Café-@wreckers.cafe

District wide-@Chartwells.Westport

• **Congratulations to Dawn Barrett-KHS!**

Last year, Chartwells as a company created a program called the *High Potential Associate Training Program* which recognizes the hard work of our team members who show themselves to be in the top tier of their colleagues in their dedication to our core goal of serving "Happy and Healthy" to our students. This program provides our team members with a comprehensive training program meant to help them expand their careers within the company !!

We are excited to announce **Dawn Barrett** (on the right), KHS lead, as our nominee for the 2023-2024 school year!! She is one of 46 people across the *NATION* participating!

CONGRATULATIONS DAWN!!!!



Elementary School Chef Tables!!

Chef Matthew was out in the schools in September speaking to our students about where food comes from. They sampled a Sweet Pea "Mocamole" and some tasty local apples for Apple Crunch Day!



chartwells
**Discovery
KITCHEN**

Our Discovery Kitchen theme for October was Seed to Table! We featured fun tastings and new recipes all month in the schools to celebrate locally grown produce! Students at SHS sampled Chili Spiced Butternut Squash, grown right here in CT! Principal Thomas approved!!



Fun with Pumpkins!!

October brought us back to a favorite event--our annual pumpkin decorating contest!

Our Chartwells team members show off their talent and creativity decorating pumpkins that our students then vote on!!



Time for Breakfast!!

More breakfast, more fun!

Students in October were treated to Pumpkin Overnight Oats and baked apples at SHS!

Meet the Team!!

**Malicia Gordon
GFS Kitchen Manager**

Malicia has been a part of our team for several years now, but this school year she took the leap to a school lead position!

She has done an amazing job learning the ropes with production, ordering, and all of the other responsibilities that come along with serving Happy and Healthy to the students at GFS!

We are super proud of the great work she is doing at GFS!! Yay Malicia!!

