Did you know:

- Legumes are sources of protein that are good for the earth and good for you. They take less water and energy to grow than other proteins like meat and eggs.
- Legumes “fix” nitrogen in the soil in which they grow making them great for composting.
- Legumes are economical, easy to grow, and store well, making them great garden and pantry staples.

Happy Thanksgiving

Here are some quick tips for eating well during the upcoming holiday season:

- Exercise regularly – Schedule time into your busy days to treat your body to a good workout. Exercise with a buddy who will help you be accountable for following through with your workout plans.
- Eat regular meals – Even if you are going out in the evening, make sure to eat small meals during the day rather than build up a gigantic appetite prior to your event. This will keep you from overindulging due to hunger.
- Stock up on healthy snacks – Keep fresh fruit and vegetables, whole grain/high fiber foods and lean proteins around the house for when you need an extra bite. This may help keep you from mindlessly snacking on less-healthy leftovers like pies and hearty stuffing.
- Don’t feel obligated to clean your plate – If you finish a holiday meal without eating the last of your mashed potatoes, that’s okay. Eat slowly and keep track of when you stop feeling hungry. Better to put down your fork when you are satisfied than wait until you are stuffed.
- Enjoy friends and family – While food traditions are strong at this time of year, the most important parts of the holidays are the people with whom we share them.

Thanksgiving

Coming early to Hockinson

Special Lunch for all the Schools on Thursday November 18th

Refer to Nutrislice for Menus for your School
We Are Team Hockinson

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring Hockinson’s students leave happier and healthier than they came in. We all have the same goal – delivering the best foodservice possible. Meet our team members from across the district.

It’s time to announce our newest Cheers winner but first I would like to say thank you, to all of those that have submitted the October nominations.

Our candidate is Tina Baertlein she was recognized for being responsible. She has worked for Chartwells for over 10 years and has learned all of our jobs while still making students feel valuable. She has gone over and above what is needed for her job but still found time to volunteer at the HS during Home Football games.

Tina congratulations and Thank you for all you do.

What’s new?

**Elementary School:** Look to the right and see what our ‘Lunch Hero’ ladies have been doing at the ES. Great JOB!!
Thank you to all those that have been practicing your lunch numbers.

**Middle School:** Is doing some amazing which we will be sharing in future letters.

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