

Teacher Jenna

Co-Teacher



I have been with The Treehouse for three years and deeply value the sense of community and inspiration it brings to my life. I graduated from the National University of Natural Medicine (NUNM) here in Portland with a Master's degree in Nutrition in 2018 and quickly started as the Kitchen Manager and Teacher Assistant for The Treehouse. This year, I am looking forward to stepping fully into a co-teacher role while we settle into our new, beautiful space! Two of my greatest values are connection and nourishment and The Treehouse has given me the space to further cultivate these through cooking homemade meals for the children while also giving and receiving unconditional love in the classroom.

I am a huge proponent of allowing children to be intuitive in their play and with food; at The Treehouse we encourage children to tap into their intuition by experimenting with various foods and materials and honoring what feels good for their bodies. Each and every day, I am amazed by how much they have to teach us adults about listening to our body signals!

Prior to my time at The Treehouse, I assisted with a community nutrition series called Food as Medicine Everyday for 2 years. My role was to help nutritionists and naturopathic physicians with meal preparation, culinary skills demonstration, and nutrition lesson presentation. One of my most treasured experiences was volunteering with Growing Gardens' Youth Grow program. I assisted a garden educator in an after-school program of 20-30 children in Kindergarten through 2nd grade for one school year. I also have 3 years of high-volume restaurant experience where I learned to practice patience and top-notch food safety techniques.

When I'm not at The Treehouse, I love to work in my garden and dream up the next home project, play with my rescue pup at the dog park, hike, play in the river, and try new restaurants around town.