FOODWISE TEENS is a paid job training program where teens build skills to sustain healthy lives and a healthy planet. Teens learn about sustainable food jobs and get hands-on experience in the garden, in the kitchen, and at the farmers market, while developing food system literacy and vital skills to become confident leaders of tomorrow.

PURPOSE
- Increase the amount of vegetables and fresh foods students consume
- Increase students’ confidence speaking publicly and engaging with customers
- Increase students’ value of the environment
- Increase students’ confidence cooking a meal
- Provide students with valuable life and job skills
- Demonstrate the value of students’ commitment and hard work through paid opportunities

FOODWISE TEENS
- Build life and job skills
- Grow, make, and sell their own fruits and vegetables and food products
- Eat good food!

Job Skills
- Customer service
- Public speaking
- Performance reviews
- Environmental education
- Farm visits

Garden Education
- Social impacts of industrial food production
- Equity in the food system

Food Justice
- Cooking methods
- Knife skills
- Preserving foods
- Preparing meals

Culinary Skills
- Customer service
- Public speaking
- Performance reviews
- Environmental education
- Farm visits

CUESA’s FOODWISE TEENS
A PAID JOB TRAINING INTERNSHIP FOR BAY AREA YOUTH
WHAT FOODWISE TEENS ARE SAYING...

“I really liked meeting new people. The people I worked with at the last market were really energetic, and it made me feel energetic as well. And it was something I would’ve never done otherwise.” — Rhea, 10th grade

“I got close to some of my colleagues and my supervisors. I also learned how to cut vegetables so now I can help my dad to cook at home.” — Deane, 12th grade

“I learned how to speak professionally to your boss when it involves something that is bothering you. I learned that spices can be healthy and change the way food tastes. I also learned how to sell really well. I learned about plant anatomy and about how to garden too.” — Vicky, 10th grade

“100% of students think it is important to protect nature and to eat healthy after participating in Foodwise Teens!

“I am more conscious about what I eat; whether it’s a balanced meal or not... and what is the source of the food.... I learned how to plant seeds. I learned how to cook more, how to cut [vegetables], and working as a team” — Dennis, 11th grade

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