FOODWISE TEENS is a paid job training program where teens build skills to sustain healthy lives and a healthy planet. In distance learning, students receive growing and cooking kits to learn about sustainable food jobs and get hands-on experiences. Through guided activities and group video calls, students develop 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

FALL 2020 SCHEDULE
- 1.5 hours/week remote activities
- 1.5 hours/week group video call
- Optional in-person farmers market work
- Individualized support
- September 14 through November 20
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

“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

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