Foodwise Teens is a paid after school job training program where teens build skills to sustain healthy lives and a healthy planet. You’ll learn about food justice, develop job skills, and get hands-on experience in the garden, in the kitchen, and at the farmers market, while getting paid for your work.

WHAT YOU’LL LEARN

• Growing food
• Cooking food
• Food justice
• Nutrition
• Taking care of the earth and ourselves
• Public speaking
• Customer service

WHAT YOU’LL DO

• Participate in 10 after school group trainings
• Complete 5 independent assignments
• Work 2 optional in-person farmers market days (Saturdays)

EARN A STIPEND UP TO $550

• On-Site Trainings: $25/training x 10 trainings = $250
• Independent Assignments: $50/assignment x 5 assignments = $250
• Optional Market Days: $25/market day x 2 days = $50

You’ll be paid via check after the program ends for the work you complete

APPLY THIS FALL!
To learn more, contact CUESA’s Education Team at fwt@cuesa.org
Visit us at cuesa.org/fwt.
Thank you!
WHAT FOODWISE TEENS ARE SAYING...

“Prior to participating in this program I had never even heard of food justice before but now I feel confidence in acknowledging the problem in my community and coming up with a solution.”
— Nasheeb, John O’Connell High School

“I have learned where my food comes from and how I can help get them to others. This program has helped me grow like the plants farmers grow.”
— Alan, John O’Connell High School

“This program educated me a lot about how to specifically help my community be food wise. I appreciated the fact that this program helped share resources and ways to have access to nutritious food. I realize that we had a lot more options than frozen, unhealthy foods, we just didn’t have access to that knowledge.”
— Ellie, Academy SF @ McAteer

“Foodwise Teens is especially important right now because COVID restricts human interaction. But Foodwise Teens incorporates a certain sense of human interaction that we have been lacking.”
— Marco, Mission High School

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

Meet farmers and food makers

Work at the farmers market

Learn to cook

Grow your own food

Be part of a team!