FOODWISE TEENS SAY...

Everyone should have the opportunity to know what it feels like to be healthy—what it’s like to have fresh fruits and vegetables. The produce we’re growing in the garden tastes so good and is good for your body.” —Samantha, John O’Connell High School

I also did the farmers market selling our products. I remember when I went to the Ferry Plaza to meet up with the rest of my classmates. I was so excited. Just the thought of selling crops I helped grow was amazing. Just thinking people actually care and are excited that we were doing this made me proud!” —Rosalinda, John O’Connell High School

My favorite activity in the garden was harvesting and feeling good knowing the food would be put to good use. It was a nice change of pace being outdoors compared to being cooped up inside, reading from textbooks or doing worksheets. The hands-on experience of being in the garden helped me learn and remember things better because I was doing the work myself.” —Cameron, Life Learning Academy

What is CUESA?
CUESA (Center for Urban Education about Sustainable Agriculture) is a 501(c)(3) nonprofit dedicated to cultivating a sustainable food system through the operation of farmers markets and educational programs. For 25 years, our mission has been to bring farmers and urban dwellers of all ages together to create a world where fresh, sustainably grown food is at the center of everyone’s plate, and family farming is viable for generations to come.

CUESA’S FARMERS MARKETS
SUPPORT LOCAL FARMERS YEAR ROUND AT CUESA’S FARMERS MARKETS!
Ferry Plaza Farmers Market, San Francisco
Saturday, 8 am to 2 pm
Tuesday & Thursday, 10 am to 2 pm
Jack London Square Farmers Market, Oakland
Sunday, 10 am to 3 pm
Mission Community Market, San Francisco
Thursday, 4 pm to 8 pm

Questions?
Contact CUESA’s Education Manager,
Tessa Kappe: tessa@cuesa.org
415.291.3276 x105

Foodwise Teens is a paid job training program where high school students build skills to sustain healthy lives and a healthy planet. Students learn about sustainable food jobs, and get hands on experience in the garden, the kitchen and the farmers market! Foodwise Teens is a program of CUESA.
FALL SEMESTER AFTER SCHOOL PROGRAM

WHAT DO YOU DO?
Everyday after school you will receive a training and then you’ll get to work. Market days are full workdays!

Trainings: You will get training in gardening & farming, taking care of the earth, cooking, public speaking, customer service, and food justice.

Working: You will work in your school garden, in the CUESA kitchen, and at CUESA farmers markets.

WHEN IS IT AND WHERE?
10 After School Days...
September 18, 2019 – November 20, 2019
Wednesdays, 1:45 – 4:45pm (or 1:45–5:15pm on travel days)
We’ll meet you at John O’Connell High School. Depending on the day, we’ll work at your school garden or in the CUESA Kitchen at the Ferry Building, or we’ll visit another business.

...Plus 2 Farmers Market Days
Thursdays (4:15–8:15pm) at Mission Community Market (22nd & Bartlett) OR Saturdays (7:00am–1:00pm) at the Ferry Plaza Farmers Market (San Francisco Ferry Building)

HOW DO YOU GET PAID?
Foodwise Teens in a paid internship. For every afterschool workday or market day you work, you will get paid.

• After School Workdays: $45/Wednesday
• Market Days: $50/Thursday or Saturday
At the end of the program, you will receive a check for your 2 ½ months of work. You can earn up to $550!

HOW TO APPLY
1. FILL OUT AN APPLICATION
You can get an application from one of the Foodwise Teens staff or your teacher!

2. TURN IN YOUR APPLICATION BY WEDNESDAY, SEPTEMBER 4, 2019
You can give your application to Mr. Quezada in room 111, or mail it to:
CUESA, Foodwise Teens
1 Ferry Building, Suite 250
San Francisco, CA 94111

3. COME TO AN INTERVIEW
Everyone who completes an application will be interviewed. Interviews are Wednesday, September 11, 2019, from 1:45 - 3:45, at John O’Connell.
Mark your calendar now, and be sure to arrive on time.
Plan to stay for the full interview.

4. WE’LL BE IN TOUCH!
You will receive a phone call from us by Saturday, September 14, 2019, to let you know if you’ve been accepted into Foodwise Teens this year. If you don’t make it this year, we hope you’ll apply again next semester.

5. WHAT HAPPENS NEXT?
We will contact you and tell you where to meet on the first day of the program on Wednesday, September 18, 2019. We will give you a packet that you will fill out and bring to us the following week.

Summer Prep (May-June)
• You will work with a small group of Foodwise Teens hired from different schools around San Francisco.
• You will continue to learn more about gardening and farming, taking care of the earth, cooking, public speaking, customer service, and food justice.
• You will get more experience working in gardens, kitchens, and at CUESA farmers markets!
• You will train to work at a your summer placement site!

Summer Placement (June-July)
• You will be partnered with 1 or 2 other Foodwise Teens Fellows to work a local food business (a farm, a grocery store, the farmers market or another food organization).
• Examples of placements you might get are CUESA, Bi-Rite Family of Businesses, or San Francisco Recreation and Parks.

HOW DO YOU GET PAID?
The Foodwise Teens Summer Fellowship is paid. For every Summer Prep day or Summer Placement day you work, you will get paid!

Questions?
Contact CUESA’s Education Manager, Tessa Kappe: tessa@cuesa.org
415.291.3276 x105