FOODWISE TEENS is a paid job training program where teens build skills to sustain healthy lives and a healthy planet through building knowledge and skills in sustainable food careers. Building on eight years of success in CUESA’s Schoolyard to Market (STM) program, Foodwise Teens transforms CUESA’s youth programming and takes it to the next level.

INTERNSHIP GOALS
- Pay students for working in the program and participating in program trainings
- 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

STUDENTS WILL
- 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

Garden Education
- Environmental education
- Farm visits

Food Justice
- Social impacts of industrial food production
- Equity in the food system

Culinary Skills
- Cooking methods
- Knife skills
- Preserving foods
- Preparing meals

CUESA
CULTIVATING A HEALTHY FOOD SYSTEM
WHAT STUDENTS ARE SAYING

“I think it helps a lot of students because it’s our first job. I used to be really shy and not confident when I talked. Now I feel like I have a lot more people skills.” —Maurciana, Life Learning Academy

“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

WHO

Foodwise Teens is for high school students, ages 14-18. Foodwise Teens current partner schools are:

• John O’Connell High School
• The Academy at McAteer
• Mission High School

WHERE

Foodwise Teens is an experiential and practical program! Students work and learn in:

• School and community gardens
• CUESA Kitchen and school teaching kitchens
• CUESA Farmers Markets (Mission Community Market and Ferry Plaza Farmers Market)
• “The Field”: Students who complete the core program can apply to continue on for additional paid work and trainings, and placement in a summer fellowship with one of CUESA culinary or agriculture partners.

WHEN

FALL SEMESTER

• 10 weeks (Sep.– Nov.) PAID!
• 15–20 students per school
• 1 day afterschool per week
• 2 farmers markets (weekends or afterschool)

SPRING SEMESTER

• 10 weeks (Jan.– Mar.) PAID!
• 15–20 students per school
• 1 day afterschool per week
• 2 farmers markets (weekends or afterschool)

SPRING BREAK

• 5 days
• 50 students (from all participating schools)
• Trainings and field trips

SUMMER FELLOWSHIP

• 16 weeks PAID! (8 weeks spring training + 8 weeks summer fellowship placement)
• 15 students (from all participating schools)

CONTACT US!

Contact CUESA’s Director of Education Leigh Gaymon-Jones to schedule a recruitment presentation for your students or to answer any questions about Foodwise Teens.

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