

# CUESA'S FOODWISE TEENS

A PAID JOB TRAINING FELLOWSHIP  
FOR BAY AREA YOUTH  
DISTANCE LEARNING SPRING 2021



FOODWISE TEENS is a paid, after school job training program where teens learn all about food while building job skills and working with students from other grades and schools. In distance learning, you'll receive growing and cooking kits, participate in group video trainings, and have the option to work in-person at CUESA's farmers markets

## 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 video trainings
- Complete 5 independent assignments
- Work 2 **optional** in-person farmers market days (Saturdays)

## EARN A STIPEND UP TO \$550

- **Group Video 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

**[CLICK HERE TO APPLY!](#)**  
**[Fill out an online application by](#)**  
**[January 27, 2021, 10 pm](#)**

Questions? Contact Anisha Rathod of the  
CUESA Education Team at [anisha@cuesa.org](mailto:anisha@cuesa.org).  
Learn more at [cuesa.org/fwt](http://cuesa.org/fwt). Thank you!

# WHAT FOODWISE TEENS ARE SAYING...

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



Farmers market day (optional)



Weekly group trainings

“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



Learn to cook at home

“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



Your grow box could look like this!

“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



Growing and cooking kit delivered to your home