

Foodwise Teens

A paid job training internship
program for SFUSD youth



What is Foodwise Teens?

Foodwise Teens is a paid after school job training program where teens build skills to sustain healthy lives and a healthy planet. Students 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 their work. The nonprofit Foodwise partners with three San Francisco Unified School District high schools to work with more than 50 students each semester.

Learning goals

- » Students develop healthy habits by reconnecting with nature and themselves through growing and cooking food
- » Students learn about their immediate environment and how that is entwined with food justice and sustainability
- » Students are prepared with practical tools, a network of like-minded peers, and work experience to better prepare them for future employment and financial self-sufficiency



Learn more and support
Foodwise Teens at
cuesa.org/foodwise-teens

Foodwise
Education. Farmers markets. Community.

Meet Foodwise Teens

Stop by the Foodwise Teens tent on Saturdays to meet Foodwise Teens sample what they're cooking using the bounty of the Ferry Plaza Farmers Market.

What Foodwise Teens are saying:

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



Work at the farmers market

"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**



Learn to cook



Be a part of a team



Meet the farmers and food makers

"Foodwise Teens allowed me to sharpen my communication skills with my fellow interns and leaders. I practice sending professional emails, communicating with students outside of the program and communicating with customers and farmers at the market. Creating relationships with the farmers was exciting and inspiring listening to their stories."

— **Songia, Mission High School**



Grown your own food

"I have changed in the way that I see the food system and farming. I got to experience gardening and doing light labor, but that made me feel humble and grounded. I appreciate food so much more than before."

— **Kelly, Mission 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**