



## **MEALS 4 HEALTH & HEALING TEEN PROGRAM**

Our Teen Program is comprised of three pillars: **Culinary Skills, Gardening Skills, and Nutrition Education.**

The goals of our program are:

- to raise awareness about healthy living and community
- to educate youth about the importance of proper nutrition and nourishing meal preparation
- to equip our teens with valuable life skills such as gardening, cooking, and sanitation safety
- to help our teens develop or fine tune their leadership skills and become mentors for future teen volunteers
- to encourage teens to try new foods
- to offer an outlet for creative expression through cooking

Teens are asked to commit to at least 3 months of service. During the first three weeks of a new volunteer's experience at Meals 4 Health & Healing, teens will break for 30 minutes when they arrive to get to know one another, taste some of the food we've prepared that day, and discuss nutrition. We will discuss in depth:

- the effects of proper nutrition on cancer patients
- the importance of an anti-inflammatory, immune boosting plant based whole foods diet
- the effects of our food choices on the environment
- specific health benefits of the most frequently used ingredients in our recipes

Teens will also visit our organic Giving Garden for fellowship time where they will learn about compost, companion planting, soil quality, and help with weeding and harvesting.

Teens are welcome to stay in our program as long as they'd like. After at least 72 hours of service, teens graduate to Teen Mentor Chef once they can:

- demonstrate culinary excellence
- demonstrate a clear ability to mentor and train new teens
- inspire, encourage, and motivate their peers
- complete basic gardening tasks

Teens who excel in all of these areas after completing at least 72 hours of service will be awarded a chef coat with their name embroidered on it and will assist the Adult Mentor Chefs in training, teaching, and leading new volunteers in the program.