



## BE ROOTED IN FOOD

### Cooking | Nutrition | Life Skills for Growth

Hands-on life skills program designed to equip youth with practical culinary, nutrition, and sanitation skills while reinforcing a growth mindset and pathways toward independence. Through experiential lessons on cooking, nutrition, and food safety, participants learn how everyday food choices can support responsibility, self-discipline, and healthy decision-making. This program is ideal for youth aged **14–18**.



The program provides structured, skill-based learning that builds confidence, patience, and emotional regulation. Participants gain real-world competencies they can apply at home, in school, and in future employment. Where applicable, the program introduces pathways toward sanitation certification, exposing participants to workforce readiness in the culinary and hospitality industry.

By the end of the program the participants will be able to demonstrate basic cooking skills, apply nutrition knowledge to daily choices, practice food safety and sanitation habits, exhibit growth mindset, build independence and workforce readiness, and engage in service and community responsibility.



#### Program Activities

- Culinary foundation
- Cooking basics
- Nutrition and wellness
- Sanitation and safety
- Life skills and mindset
- Workforce readiness
- Community service
- Final project
- And much more