

Resource Guide:

Youth Cooking and Garden Based Nutrition Education Programs Serving
Regions of Central and South Seattle

**Developed in partnership with:*



FEESTSeattle.org



FoodwaysProject.com

Introduction:

The following resource guide was developed through a partnership between FEEST (Food Empowerment Education and Sustainability Team) and The Foodways Project to survey youth cooking-and garden-based nutrition education programs that work in central and south Seattle. As two organizations rooted in food and social justice we believe health disparities and access to healthy, nourishing foods are directly correlated. This report identifies public health data for regions that are disproportionately affected by diet-related chronic diseases and their associated risk factors and presents the racial and ethnic demographics and socioeconomic status for each region. As research shows, race and class are two major determinants of health outcomes that cannot be overlooked when assessing a region's food environment. This resource guide is intended to be a tool for the community to assess where youth nutrition programs currently exist, while providing a snapshot of regions in Seattle that are predominantly populated by low-income communities of color and disproportionately affected by diet-related diseases.

How to Use the Resource Guide:

The resource guide is divided into two sections. The first is a summary of relevant health data gathered from the December 2014 King County Health Profile Report produced by Public Health--Seattle/King County. Five health reporting areas (HRA) in Seattle were selected based on areas in which there are potential gaps in nutrition related programming. The five HRAs include: Central Area, Southeast Seattle, Beacon Hill/Georgetown/South Park, North Highline, and Delridge. The geographic areas are illustrated in the map below. The purpose of this section is to summarize pertinent health data related to diet-related chronic diseases and their risk factors, as well as present information on the racial and socioeconomic demographics of each region. Data presented in red denote the HRA is in the highest 25%.

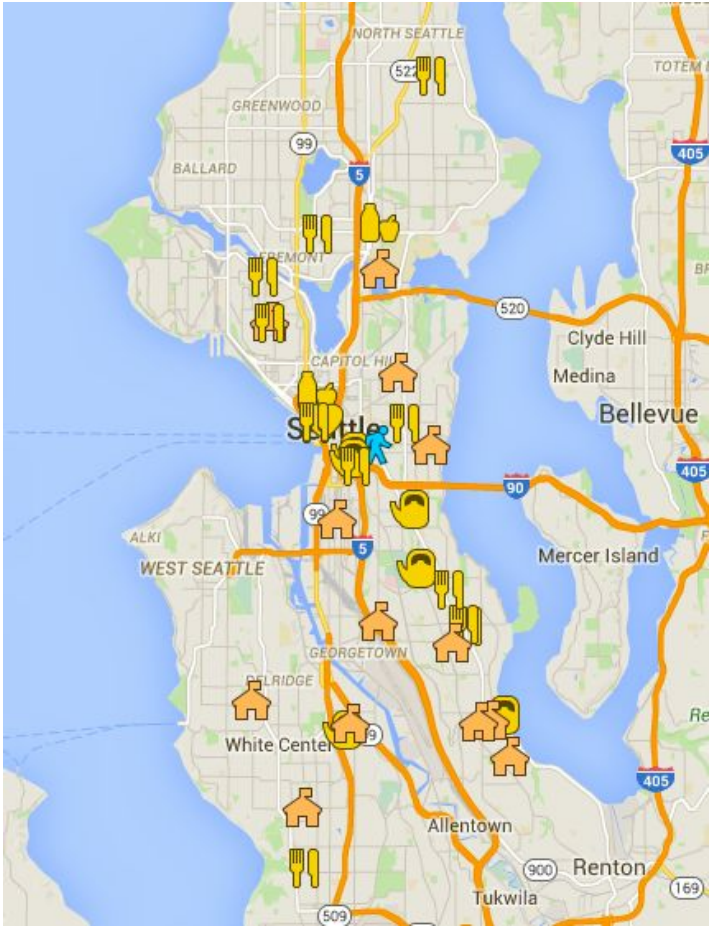
The second section is a comprehensive list of cooking- and garden-based nutrition education programs serving youth (5 to 21 years of age) in the five HRAs. Each program description features the program title, a brief description, and a table summarizing details of the services provided. This list and the information presented within it is limited to programs that were publicly advertised either through websites and selected interviews. A visual presentation of where some, not all, of these programs operate is available at <https://goo.gl/lyii4o>.

To provide feedback and/or request edits to the document please complete the feedback form at <http://goo.gl/forms/mG1NugaTcG>.

All questions can be directed toward the author, Lisa (Mei Yook) Woo at info@foodwaysproject.com.



Map of the Health Reporting Areas



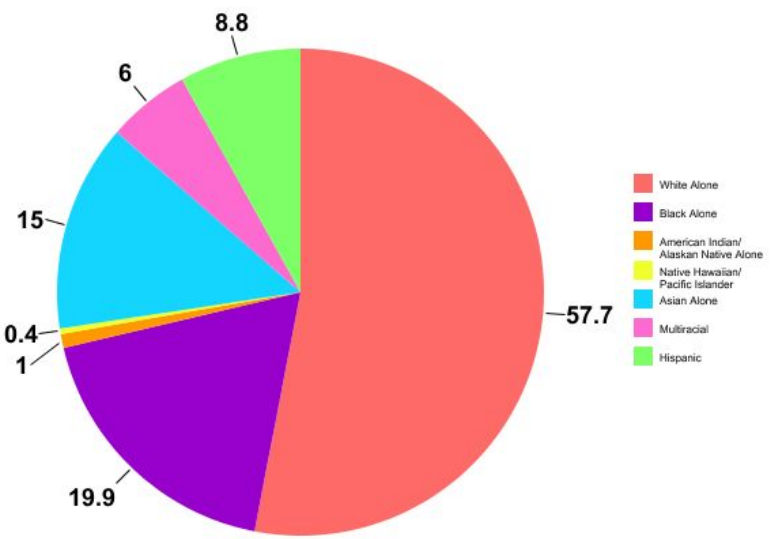
Map of Nutrition Education Programs Listed in this Report

Health Reporting Area Data:

Central Area Data (region 14)

| | | | | | | | | | | | | |
|------|-----------------------|--------|-----------------------|--------------------------|-------|---------------------------------------|----------------------|----------|--------------------------------------|---------------|-------|--|
| SES* | <high school degree | 16.2 % | General Health Status | Poor/Fair Health | 9.0% | Health Risk Factors & Chronic Disease | No physical activity | 12.8% | Leading Cause of Death (per 100,000) | Heart disease | 147.6 | |
| | Less than 100% FPL | 8.9% | | Poor mental health | 3.3% | | Obese | 17.4% | | Stroke | 38.7 | |
| | Less than 200% FPL | 42.4 % | | Poor physical health | 2.5% | | High cholesterol | 29.0% | | Diabetes | 30.9 | |
| | Foreign born | 18.4 % | | Activity limitation | 14.7% | | High BP | 18.8% | | | | |
| | Non-English Speaking | 22.6 % | | Frequent mental distress | 7.9% | | Heart disease | 1.5% | | | | |
| | *Socioeconomic status | | | | | | | Diabetes | | 2.9% | | |

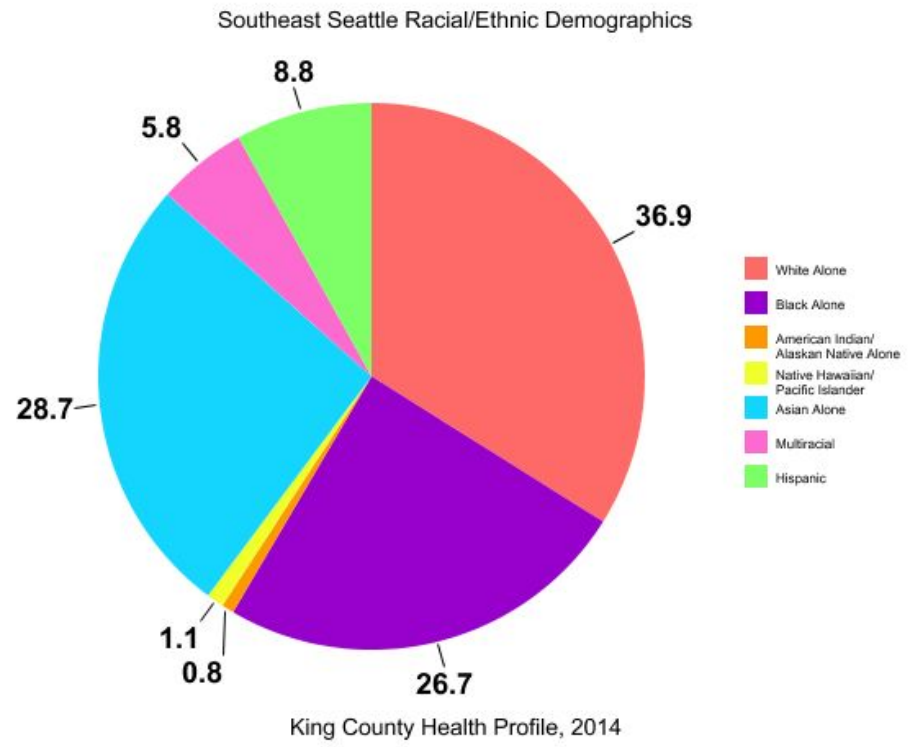
Central District Racial/Ethnic Demographics



King County Health Profile, 2014

Southeast Seattle Data (region 43)

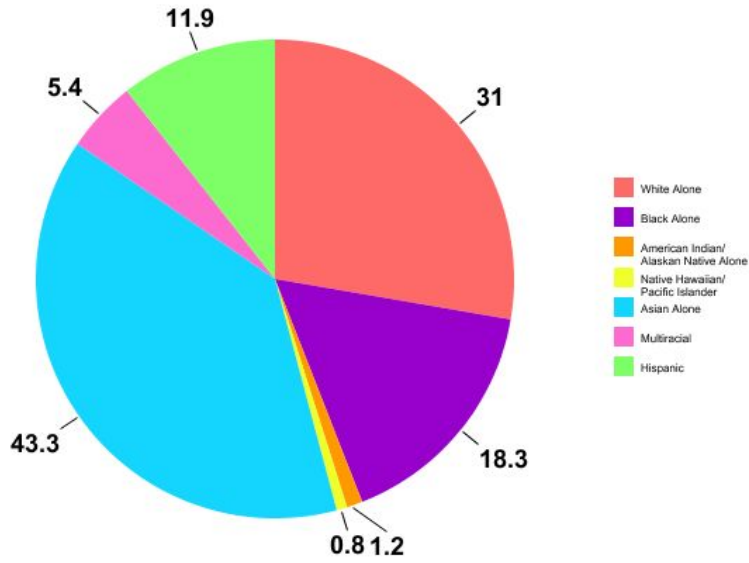
| | | | | | | | | | | | |
|------|-----------------------|--------------|-----------------------|--------------------------|--------------|---------------------------------------|----------------------|--------------|--------------------------------------|---------------|--------------|
| SES* | <high school degree | 15.8% | General Health Status | Poor/Fair Health | 20.5% | Health Risk Factors & Chronic Disease | No physical activity | 29.4% | Leading Cause of Death (per 100,000) | Heart disease | 150.6 |
| | Less than 100% FPL | 17.0% | | Poor mental health | 3.6% | | Obese | 17.9% | | Stroke | 45.9 |
| | Less than 200% FPL | 63.5% | | Poor physical health | 5.9% | | High cholesterol | 48.3% | | Diabetes | 34.1 |
| | Foreign born | 29.5% | | Activity limitation | 28.5% | | High BP | 31.1% | | | |
| | Non-English Speaking | 39.6% | | Frequent mental distress | 11.7% | | Heart disease | 4.4% | | | |
| | *Socioeconomic status | | | | | | Diabetes | 7.4% | | | |
| | | | | | | | | | | | |



Beacon Hill/Georgetown/South Park Data (region 4)

| | | | | | | | | | | | |
|-----|----------------------|--------------|-----------------------|--------------------------|--------------|---------------------------------------|----------------------|--------------|--------------------------------------|---------------|-------------|
| SES | <high school degree | 17.3% | General Health Status | Poor/Fair Health | 10.5% | Health Risk Factors & Chronic Disease | No physical activity | 26.4% | Leading Cause of Death (per 100,000) | Heart disease | 130.7 |
| | Less than 100% FPL | 25.7% | | Poor mental health | 4.3% | | Obese | 15.9% | | Stroke | 39.6 |
| | Less than 200% FPL | 71.7% | | Poor physical health | 3.0% | | High cholesterol | 64.1% | | Diabetes | 32.5 |
| | Foreign born | 44.4% | | Activity limitation | 19.4% | | High BP | 29.0% | | | |
| | Non-English Speaking | 59.9% | | Frequent mental distress | 16.2% | | Heart disease | 1.7% | | | |
| | | | | | | | Diabetes | 8.1% | | | |

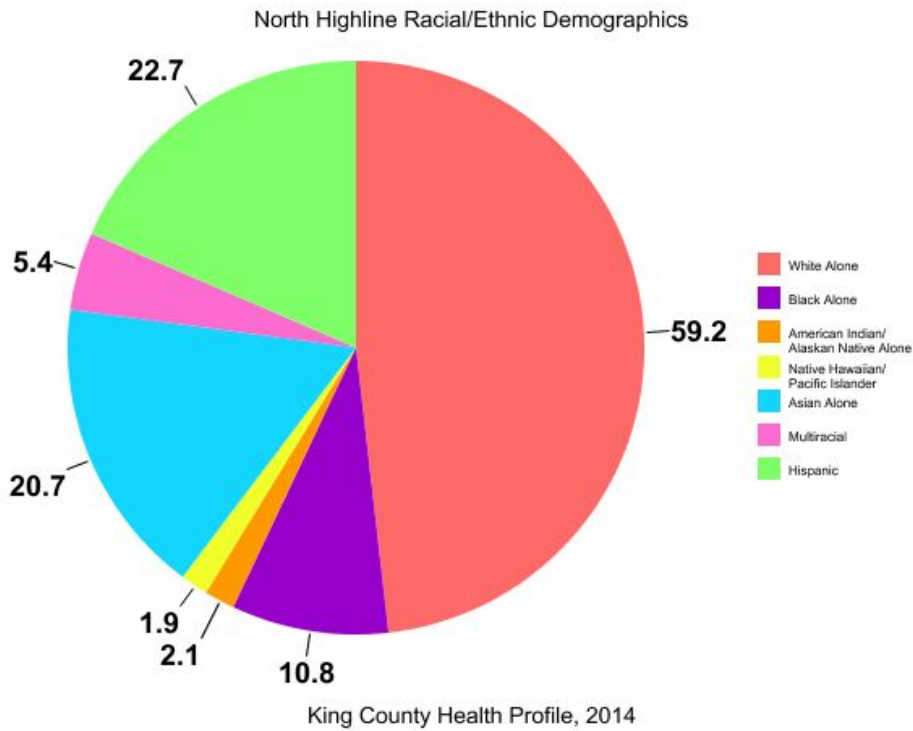
Beacon Hill/Georgetown/South Park Racial/Ethnic Demographics



King County Health Profile, 2014

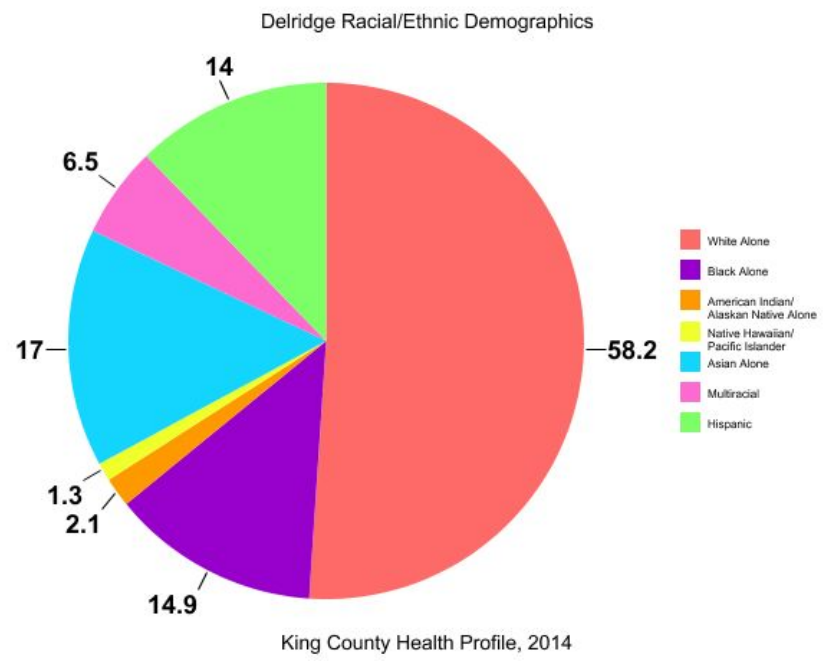
North Highline Data (region 34)

| | | | | | | | | | | | |
|-----|----------------------|--------------|-----------------------|--------------------------|--------------|---------------------------------------|----------------------|--------------|--------------------------------------|---------------|--------------|
| SES | <high school degree | 25.3% | General Health Status | Poor/Fair Health | 13.2% | Health Risk Factors & Chronic Disease | No physical activity | 26.3% | Leading Cause of Death (per 100,000) | Heart disease | 155.1 |
| | Less than 100% FPL | 22.6% | | Poor mental health | 3.4% | | Obese | 22.4% | | Stroke | 36.1 |
| | Less than 200% FPL | 87.8% | | Poor physical health | 2.6% | | High cholesterol | 37.2% | | Diabetes | 20.8 |
| | Foreign born | 31.7% | | Activity limitation | 32.4% | | High BP | 22.1% | | | |
| | Non-English Speaking | 46.2% | | Frequent mental distress | 11.7% | | Heart disease | 2.8% | | | |
| | | | | | | | Diabetes | 12.1% | | | |



Delridge Data (region 16)

| | | | | | | | | | | | |
|-----|----------------------|-------|-----------------------|--------------------------|-------|---------------------------------------|----------------------|-------|--------------------------------------|---------------|-------|
| SES | <high school degree | 17.4% | General Health Status | Poor/Fair Health | 13.5% | Health Risk Factors & Chronic Disease | No physical activity | 20.8% | Leading Cause of Death (per 100,000) | Heart disease | 138.5 |
| | Less than 100% FPL | 13.3% | | Poor mental health | 4.2% | | Obese | 28.4% | | Stroke | 37.4 |
| | Less than 200% FPL | 66.4% | | Poor physical health | 5.9% | | High cholesterol | 22.9% | | Diabetes | 29.2 |
| | Foreign born | 23.9% | | Activity limitation | 28.8% | | High BP | 29.2% | | | |
| | Non-English Speaking | 32.3% | | Frequent mental distress | 11.4% | | Heart disease | 5.4% | | | |
| | | | | | | | Diabetes | 9.2% | | | |



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Resource List:

Apple Corps at Solid Ground

Apple Corps fights the root causes of obesity, malnutrition and hunger in underserved communities. We are a team of National Service members guided by the belief that all people deserve to live healthful lives. In this work, Apple Corps collaborates with schools, community groups and local organizations to educate children about nutrition and physical activity, improve policies affecting child health, and connect families to health-promoting resources.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|--|---|-------------------------------------|---|
| Program Manager: TBD; applecorps@solid-ground.org 1501 N. 45th St., Seattle, WA 98103 (206) 694-6711 http://teamapplecorps.com/ | -Concord International School (K-5th grade) -Leschi Elementary School | -Beacon Hill/Georgetown/ South Park -Southeast Seattle -Central Area | -Elementary age youth (K-5th grade) | -September - July -Weekly cooking-based classes during school hours -Sporadic after school programs |
| Cooking/Education Style | Recipe based hands-on cooking activities which vary according to grade and skill level | | | |

Beecher's Pure Food Kids

The Pure Food Kids Workshop is a *no-cost, commercial-free, common-core learning standards-aligned, food education workshop* for 4th and 5th grade students in the greater Seattle area. Workshops focus on label reading, food marketing, additives/preservatives, and building culinary skills.

| Contact | Site(s) | Region(s) | Population | Timeframe |
|--|---|---|------------------------|--|
| Executive Director: Kristin Hyde; kristin@purefoodkids.org 801 Blanchard St., Seattle, WA 98121 http://www.purefoodkids.org/ | -Public & private elementary schools throughout Seattle -Service Map | -Beacon Hill/Georgetown/South Park -Southeast Seattle -Central Area -North Highline -Delridge | -4th & 5th grade youth | -September - June -One time 2.5 hour nutrition workshops -School hours |
| Cooking/Education Style | Recipe based hands-on cooking demonstration--every workshop prepares the same vegetarian chili recipe | | | |

Community Kitchens NW

Community Kitchens Northwest (CKNW) is a Seattle Tilth program that is reviving a culture of scratch cooking and healthy eating by bringing people together to cook and share meals. We host community dinners, lead school and after-school cooking clubs, support a network of community kitchen programs and offer trainings.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|---|---|--|---|
| Program Manager: Leika Suzumura; LeikaSuzumura@seattletilth.org 4649 Sunnyside Avenue N, Suite 100, Seattle, WA 98103 http://www.seattletilth.org/communitykitchensnw/_home/ | -7 community dinner sites -7 after school cooking club sites -Service Map | -Beacon Hill/Georgetown/South Park -Southeast Seattle -Central Area | -Youth 12-18 years -Adults -Families -Seniors | -Year round -Monthly community dinners -Weekly after school cooking clubs -Evenings & after school |
| Cooking/Education Style | Hybrid of recipe-based and improvised communal scratch cooking with the goal of developing intuitive cooking skills | | | |

Cooking Matters

Cooking Matters hosts six-week class series for low-income individuals at over 55 locations throughout Greater Seattle and Washington State. Classes include healthy cooking skills, nutrition education and food budgeting. Cooking Matters is a partnership of Solid Ground and Share Our Strength (a national anti-hunger organization) and the No Kid Hungry Campaign.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|--|---|--|---|
| Program Manager: TBD; cooking@solid-ground.org 1501 N. 45th St., Seattle, WA 98103 (206) 694-6700 https://cookingmatterssg.wordpress.com/ | -Over 55 sites throughout the greater Seattle area -Headstart, community centers, low-income housing, SeaMar/health clinics -Service Sites | -Beacon Hill/Georgetown/South Park -Southeast Seattle -Central Area -North Highline -Delridge | -Youth 12-18 years -Adults -Families -Seniors | -Year round -Six-week cooking class series -Evenings & after school |
| Cooking/Education Style | Hands-on recipe based cooking classes; Share Our Strength provides a detailed curriculum for volunteer instructors to follow | | | |

Coyote Central

The mission of Coyote Central is to challenge young adolescents to build competence and creativity through hands-on workshops with professionals in creative fields. Independent problem-solving with sophisticated skills at Coyote builds adolescents' confidence and expands their sense of personal possibility. Studio Coyote offers hands-on, project-based courses--including culinary skill building courses--with professionals in creative fields for youth aged 10-15 from diverse cultures, ethnicities, and backgrounds. In 2014 Studio Coyote served 4 terms, 221 courses, 1,914 enrollments, 1,211 individuals, 38,280 contact hours. CoyoteWorks provides immigrant and refugee youth ages 12-18 courses to learn cooking, woodworking, welding, or sewing skills and then apply those skills to projects serving the community. In 2014 there were three 7-week sessions with 2 cohorts each, total 66 youth, 5,544 contact hours.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|---|---------------|-------------------|--|
| Executive Director: Claudia Steele; info@coyotecentral.org 2300 East Cherry Street, Seattle, WA 98122 www.coyotecentral.org | The Coyote Central studio is located in the Central District on 23rd Ave and Cherry St. | -Central Area | -Youth (10-15 yo) | -Year round -week-long or weekly cooking classes that last 4 to 8 weeks |
| Cooking/Education Style | Recipe-based hands-on cooking classes | | | |

Danny Woo Children's Garden

The Children's Garden is housed within the larger Danny Woo Garden and used as a sustainable agriculture teaching tool for youth and volunteers. We host a variety of activities, groups, volunteers, and an annual urban farming camp. We strive to be a teaching resource for educators and youth leaders looking to teach youth about sustainable agriculture, nutrition, and their cultural connection to food.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|---|---------------|-----------------------------|---|
| Program Manager: Rachel Duthler; volunteer@interimicda.org 601 S. King St., Seattle, WA 98104 http://dannywookids.blogspot.com/ | -Gardel located in the International District -Partners with nearby schools & programs: Gatzert Elementary, WILD Youth, Puget Sound Community School | -Central Area | -Children & youth (4-18 yo) | -Growing season (March-November) -Summer garden camps -Garden field trips |

| | |
|-------------------------|--|
| Cooking/Education Style | Hybrid between improvised and recipe-based cooking activities using an outdoor kitchen |
|-------------------------|--|

Food Empowerment Education and Sustainability Team (FEEST)

FEEST is a weekly youth-run dinner program that engages young people at Evergreen and Chief Sealth High School on issues of civic and social justice, food security, cultural expression, and community development. We gather 35-40 youth once a week to cook an improvised dinner using a table full of fresh vegetables from local markets and farmers. Everyone in the room collaborates in the design of the menu and co-creates healthy dishes in an engaging, non-hierarchical, youth led setting. FEEST cultivates youth leadership through a year-long stipended internship. Interns use their skills to conduct community based projects, facilitate weekly dinners, and engage in policy making processes.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|--|----------------------------------|-------------------|---|
| Executive Director: Lisa Chen; Lisa@feestseattle.org 605 SW 108th St, Seattle, WA 98146 http://feestseattle.org/ | -Evergreen Campus (Highline School District) -Chief Sealth International High School | -North Highline -Delridge | -Youth(13-18 yo) | -October - June + 1 week summer camp -After school community dinners |
| Cooking/Education Style | Improvised youth-led communal cooking and community-centered campaigns related to youth empowerment and food justice | | | |

Green Plate Special

Green Plate Special's mission is to inspire and empower youth to experience food in new ways through gardening, cooking and eating together. We engage middle school students (ages 10 – 14) through class time, after-school, and summer camp programs. Programs are curriculum based with a progression from basic food knowledge to advanced gardening and cooking skills. Current partners include Seattle Parks and Recreation (which for the third year is partnering with Green Plate Special on full-day summer programming), Madrona K-8, Seattle Nativity School, and Washington Middle School.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|--|---------------|----------------------|---|
| Executive Director: Laura Dewell; diggitt@greenplatespecial.org 2115 25th Ave S, Seattle, WA 98144 http://greenplatespecial.org/ | -Garden located next to the 2100 Building -Partners: Madrona K-8, Seattle Nativity School, Washington | -Central Area | -Middle school youth | -Growing season (March-November) -Summer garden camps -Weekly after school garden clubs |

| | | | | |
|-------------------------|---|--|--|---------------------|
| | Middle School | | | -Garden field trips |
| Cooking/Education Style | hybrid of improvised and recipe-based hands on cooking that focuses on building kitchen & garden competency | | | |

Hope Heart Institute

The Hope Heart Institute is committed to serving humanity through cardiovascular research and education. The Hope, is a leader in community heart health education and provides information and tools to tens of thousands of at-risk and medically under-served individuals each year through our Take Heart education series and innovative K-12 educational curricula. Kids Take Heart™ is a school-based curriculum targeting anatomy, fitness, nutrition, stress and goal-setting. It was developed in 2005 as a tool to equip children in 3rd-5th grades to make healthy lifestyle choices that reduce their likelihood of chronic disease later in life. It was developed and piloted by certified teachers in nearly 20 districts and 650 classrooms. Youth Take Heart™ is a cutting edge science and health curriculum for 21st century classrooms. Youth Take Heart is a four-week, interactive curriculum that focuses on heart anatomy, the causes of cardiovascular disease, prevention of cardiovascular disease through heart-healthy nutrition and physical activity, as well as biotechnological solutions for repairing damaged heart tissue. Teen Take Heart™ is a science-based cardiovascular program for high-school students. Family Health & Fitness Nights are one-time, health themed events that are co-sponsored by the Hope Heart Institute and Molina Healthcare. As part of the planning process, we help create or grow sustainable wellness committees within Washington State schools that involve parents and key community members.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|--|--|--------------------------------------|---|
| Executive Director: Cherie Skager; cskager@hopeheart.org 1380 112th Ave. NE, Suite 200, Bellevue, WA 98004 www.hopeheart.org | -As of 2013 (most recent data available): Kids Take Heart was not in Seattle Public Schools (SPS). -As of 2015: Teen Take Heart was not in SPS. -Family Health & Fitness Nights are held in schools throughout SPS | -Central Area -Delridge -Southeast -Beacon Hill/Georgetown/South Park | -Youth (K-12 grade) -Families | -School year (September-June) -One night events -4-week curriculum series |
| Cooking/Education Style | There are not cooking activities in this program | | | |

Lettuce Link at Marra Farm and Seattle Community Farm

Lettuce Link (an innovative food and gardening program growing and giving since 1988) creates access to fresh, nutritious and organic produce, seeds, and gardening information for families with lower incomes in Seattle. We work to educate the community about food security and sustainable food production. The youth programming at Lettuce Link mainly involves field trips held during the spring for select grades from the neighboring Concord International Elementary School. Field trips are held weekly and involve garden-based nutrition and science education. There are periodic service projects held throughout the year that involve a wider age range of youth.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|--|--|--|--|
| Program Manager: Nate Moxley; lettucelink@solid-ground.org Marra Farm: 9026 4th Avenue South, Seattle, WA 98108 Seattle Community Farm: 4015 MLK Way, Seattle, WA 98108 http://www.solid-ground.org/programs/nutrition/lettuce/Pages/default.aspx http://www.solid-ground.org/Programs/Nutrition/CommunityFarm/Pages/default.aspx | -Marra Farm is in the South Park neighborhood and partners largely with Concord International Elementary School + various youth programs for service projects. -Seattle Community Farm is in the Rainier Valley neighborhood and offers seasonal farm field trips to youth programs like Refugee Women's Association and YMCA | -Beacon Hill/Georgetown/ South Park | -Youth (Kindergarten to 5th grade) -Some middle & high school age youth | -Growing season (March to November) -one-time and on-going farm field trips, service projects -weekly classes/activities + field trips |
| Cooking/Education Style | Improvised and recipe-based communal cooking using an outdoors kitchen | | | |

Pike Place Market Preservation & Development Authority/Let's Get Cooking

School's Out Washington, in partnership with the City of Seattle Human Services Department Youth and Family Empowerment Division, Seattle Tilth Association, and Pike Place Market Foundation and PDA granted funding to six Summer School Age Programs to implement summer cooking clubs serving low income children within the City of Seattle. The goals of Let's Get Cookin' are to increase access to healthy, local foods, increase cooking skills, create and support environments of well-being and decrease health disparities.

| Contact | Site(s) | Region(s) | Population | Timeframe |
|---------|---------|-----------|------------|-----------|
|---------|---------|-----------|------------|-----------|

| | | | | |
|---|---|--|----------------------------------|--|
| <p>Director: Scott Davies; scott@pikeplacemarket.org 85 Pike Street, Room 500, Seattle, WA 98101 http://www.schoolsoutwashington.org/1772_196/LetsGetCookinGrant.htm</p> | <p>The following programs were selected to receive funding under Let's Get Cookin' after a competitive grant application:</p> <ul style="list-style-type: none"> -Associated Recreation Council at Jefferson Community Center -Associated Recreation Council at Rainier Community Center -El Centro de la Raza -Refugee Women's Alliance -Seed of Life Center for Early Learning & Preschool -YMCA at Concord Elementary School | <p>-Beacon Hill/Georgetown/South Park</p> <p>-Southeast Seattle</p> | <p>-Youth (2nd to 5th grade)</p> | <p>-June-August</p> <p>-10 week curriculum</p> <p>-weekly classes/activities + field trips</p> |
| <p>Cooking/Education Style</p> | <p>Recipe-based hands-on cooking</p> | | | |

Saturday Academy at Seattle MESA

This is a free program for public school students that focuses on STEM subjects like: marine biology, computer science, etc. It is held at the UW Seattle campus one Saturday per month. Each section has tons of hands-on opportunities, information about college application processes, and what it's like to study science, engineering, and math in college. The class is taught by a UW professor and UW student volunteers help the faculty.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|-------------------|---|--------------------------|----------------------|
| <p>Director: Neiri Carusco; mesasa@uw.edu</p> | <p>-UW Campus</p> | <p>-Youth from all over the city attend MESA's Saturday</p> | <p>-Youth (15-18 yo)</p> | <p>-October-June</p> |

| | | | | |
|--|---|---------|--|--|
| Fishery Sciences Building (FSH) Room 158, College of the Environment, University of Washington http://seattlemesa.org/ | | Academy | | -One Saturday/month -5 hour workshops |
| Cooking/Education Style | There is no edible cooking in MESA, rather science experimentations with food | | | |

Seattle Parks Teen Culinary and Gardening Programs

As part of the Healthy Parks, Healthy You Initiative there are three cooking and gardening programs offered by the Seattle Parks and Recreation Department:

Teen Top Chef Competition – This is a quarterly event where teens apply culinary skills developed in our nutrition and culinary education programs. On the night of the competition, participants prepare a dish and presentation for panel judges who rate the dishes on nutritional value, plate presentation, food handling and preparation, taste, and group preparation.

Gardening programs – Community Center Learning Gardens are located at community center and P-Patch sites throughout Seattle area. The program provides hands-on urban agriculture education through gardening and food preparation activities. Youth ages 5 – 19 learn firsthand the practices which lead to localized and sustainable food system.

Teen Cooking & Nutrition classes – Teen culinary education program. Our food and nutrition programs offer hands-on experience to youth ages 12-19 learning to select and prepare healthy food through cooking activities and competitions.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|---|-----------|--------------------|------------------------------|
| Recreation Director: Kelly Guy; kelly.guy@seattle.gov 100 Dexter Ave. N, Seattle, WA 98109 http://www.seattle.gov/parks/healthy_parks/programs.htm | -TBD -Specific program locations varies depending on time of year. | -TBD | -Youth (5 - 19 yo) | -Year round at varying times |
| Cooking/Education Style | Hybrid of improvised and recipe-based hands-on cooking activities | | | |

Seattle Youth Garden Works

Seattle Youth Garden Works empowers homeless and underserved youth through garden-based education and employment. At Seattle Youth Garden Works, youth ages 16-21 gain a meaningful employment experience in urban agriculture. All crew members will take turns selling the produce we grow at the U-District Farmers' Market on Saturdays in the summer, fall and spring. This job also includes participation in educational activities and job skills training. Youth earn a weekly stipend, paid bi-weekly with a \$200-\$300 bonus at the end of each season; youth who complete the entire yearlong program and successfully earn each seasonal bonus can earn a total of up to \$3,260.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|---|---|-------------------|---|
| Program Manager: Kristen Roewer; kristenroewer@seattleilth.org 3501 NE 41st St., Seattle, WA 98105 http://www.seattleilth.org/sygw | -Center for Urban Horticulture (UW Campus) | -Given that youth may be homeless or transient the specific service region may vary by cohort | -Youth (16-21 yo) | -Year round -daytime & evening programming depending on the season |
| Cooking Education Style | Improvised communal cooking using produce available on the farm | | | |

Tarik Abdullah @ The Collaboratory & Coyote Central

Chef Tarik holds small group (10 youth per class) culinary classes at The Collaboratory and Coyote Central, amongst other venues. His courses focus on building culinary techniques such as sauce and stock making, knife skills, and baking. Classes at Coyote Central are typically \$75/course, \$600 total for an 8-week session. Classes at the Collaboratory are free with a donation.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|---|---|-----------------------------|---|
| Founder: Tarik Abdullah; adjandacook@gmail.com More Info at: www.facebook.com/In-The-Kitchen-with-Chef-T | -Hillman City Collaboratory -Coyote Central | -Central Area -Southeast Seattle | -Youth (6-10 yo & 11-14 yo) | -Year round at varying times -weekly (Saturdays or after school) -8-week concurrent sessions (Coyote Central) -Schedule TBD at The Collaboratory |
| Cooking/Education Style | Recipe-based hands on cooking focused on building advanced kitchen skills | | | |

Taste International

Taste International is a program of CAC & Healthy Creations. This culinary arts program has 3 main pillars: nutrition, urban farming & gardening, and international cuisine. Through this program we will address the historical context of food and culture to encourage an international understanding through that exchange. This program teaches youth the fundamentals of healthy eating through the education of sustainable farming and gardening practices.

| Contact | Site(s) | Region(s) | Population | Timeframe |
|---------|---------|-----------|------------|-----------|
|---------|---------|-----------|------------|-----------|

| | | | | |
|---|--|--------------------|------------------|--|
| Founder: Ariel Bangs; chef.ariella@gmail.com 5623 Rainier Ave South, Seattle WA 98118 http://www.communityartscreate.org/Community_Arts_Create/Taste_International.html | -Hillman City Collaboratory | -Southeast Seattle | -Youth(13-18 yo) | -Year round -Summer cooking & garden camps -After school cooking classes |
| Cooking/Education Style | Recipe-based hands on cooking classes focusing on healthy cooking, kitchen skills, and the historical context of food. | | | |

Teen Feed

Teen Feed responds to the most basic needs of homeless and at-risk youth in the following focus areas: healthy meals and lives, youth support coordination, street outreach, healthcare access, and engaging the community through service. Teen Feed has four integrated programs: Teen Feed Meal Program, Street Talk Outreach Program (STOP), Service Links for Youth (SLY), and Youth Access to Care (YAC). The Meal Program serves a hot, nutritious meal at various University District meal sites (seven days a week), in Auburn (every Wednesday and Friday) and South Seattle's Rainier Beach (every Thursday).

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|--|---|--------------------|---|------------------------------|
| Meals Program Coordinator--South King County: Hana Kawai; hana@teenfeed.org 4740B University Way NE, Seattle, WA 98105 www.teenfeed.org | -Rainier Beach Meals Program: Atlantic Street Center's Family Center, 5150 S Cloverdale Pl, Seattle | -Southeast Seattle | -youth and young adults looking for a hot meal and/or basic needs items | -Year round -evenings |
| Cooking/Education Style | There is no cooking education component of this program | | | |

United Way of King County Nutrition Hubs

The UWKC Nutrition Hubs/Fuel Your Future program is a brand new initiative launching in fall 2015 that places 20 Americorps members in high-need schools to work with school administrators, teachers, parents, and other stakeholders to increase participation in school meals programs, create fun ways to get kids excited about food and nutrition, promote and deliver nutrition education to students, and collect data and support the evaluation of the Nutrition Hub model. The Americorps service year runs from September 16th, 2015 until July 30th, 2016.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---------|---------|-----------|-------------------|-----------|
|---------|---------|-----------|-------------------|-----------|

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|--|--|---|-----------------------|-----------------|
| Community Impact Manager: Yuri Kim; ykim@uwkc.org 720 2nd Ave, Seattle, WA 98104 www.uwkc.org | -Seattle World School -Dunlap Elementary School -Highland Park Elementary -Dimmitt Middle School -Olympic Middle School -Sylvester Middle School -Neely-O'Brien Elementary -Cedarhurst Elementary School -Roxhill Elementary -Federal Way High School | -Beacon Hill/Georgetown/South Park -Southeast Seattle | -Youth (K-12th grade) | -September-July |
| Cooking/Education Style | TBD | | | |

WILD (Wilderness Inner-City Leadership Development) Youth

Wilderness Inner-City Leadership Development (WILD) is a youth leadership program that provides opportunities for wilderness and inner city environmental education and leadership skills development. WILD was established in 1997 as a community building program to encourage Asian and Pacific Islander youth to become responsible citizens for their communities. WILD is a program of InterIm Community Development Association. WILD Youth engage in activities focused on air quality, environmental health, food justice, urban agriculture, nutrition and healthy cooking.

| Contact | Site(s) | Region(s) | Target Population | Timeframe |
|---|-------------------------|---------------|-----------------------|---|
| Program Manager: Jamie Stroble; jstroble@interimicda.org 601 S. King St., Suite 304, Seattle, WA 98104 https://sites.google.com/a/apialliance.org/wild/welcome | -International District | -Central Area | -9th-12th grade youth | -Year round -Leadership program: Tues/Wednesday after school -English Tutoring Leadership program: Wednesday after school -various service projects & special programs |
| Cooking/Education Style | Unknown | | | |