

EATWISE

Educated and Aware Teens Who Inspire Smart Eating

EATWISE is the CookShop® for Teens program at Food Bank For New York City.



What is EATWISE?

EATWISE (Educated and Aware Teens Who Inspire Smart Eating) is a teen development program in New York City. High school students become nutrition advocates by gaining knowledge about food and nutrition issues, by attaining skills in public speaking and group facilitation, and by creating and conducting their own nutrition workshops and events.

What are the goals of EATWISE?

- To develop youth knowledge and skills regarding food and nutrition issues;
- To develop leadership skills and employment competencies in participating youth;
- To improve the eating habits of participating youth, their families, and their communities; and
- To further Food Bank For New York City's work in promoting access to nutritious food for all New Yorkers.

How does EATWISE work?

- **Academic Year Program**
Participants become peer educators through learning about nutrition, food systems, sustainable agriculture, and food justice in an initial intensive training and subsequent trainings during the school year. Food Bank For New York City staff will assist the home schools and organizations in setting up EATWISE chapters. The trained peer educators co-facilitate nutrition and cooking workshops in their own high schools and other community based settings in New York City.
- **Summer Internship**
For six weeks during the summer, interns participate in an intensive peer educator training, volunteer in Food Bank For New York City programs, grow vegetables in a school garden, plan and conduct youth-led nutrition events, and organize community activities promoting healthy eating.

What will students learn?

The programs provide opportunities for youth to become leaders in nutrition by creating and conducting their own peer nutrition education workshops and events. Students learn about food systems, media literacy, public speaking and more. Youth have opportunities to affect change in their own schools and communities and connect with other youth working on food issues in NYC.



How do I get involved with EATWISE?

Give us a call or send us an email:

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