Brainfood Summer Programs Summary 2016

Brainfood is a youth development program that uses food and cooking as tools to build life skills and healthy living in Washington DC youth in a fun, creative, and safe environment. Through culinary-related activities, we strive to expand cognitive skills, encourage creativity, foster self-reliance, and empower youth as resources in their own community.

2016 Summer Institute & Brainfood Box Project by the Numbers

In November 2016, these program names were updated to Summer Cooks in Training and Test Kitchen

39 teenagers attended Brainfood’s two summer programs. Summer Institute met Monday through Thursday from to 2pm - 5pm and Box Project was held Monday through Friday from 1pm - 5pm. Both programs ran for six weeks, from June 27th through August 5th.

<table>
<thead>
<tr>
<th></th>
<th>Summer Institute</th>
<th>Box Project</th>
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</thead>
<tbody>
<tr>
<td><strong>Description</strong></td>
<td>Summer version of Kitchen All Stars program teaching basic cooking skills, food system, food justice curriculum to build leadership and developmental skills in youth.</td>
<td>Summer program where youth plan, promote, and execute a seasonal summer CSA for paying subscribers. Youth learn employment skills, teamwork, responsibility and accountability. For many, Box Project is a paid employment opportunity (for those enrolled in SYEP).</td>
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<tr>
<td><strong>Attendance</strong></td>
<td>16 students attended Brainfood Summer Institute 2015</td>
<td>14 students attended 6-week program Brainfood Box Project</td>
</tr>
<tr>
<td><strong>Staffing</strong></td>
<td>1 full-time program staff, 1 full-time summer program intern, 1 part-time program staff, 1 part-time program intern</td>
<td>2 full-time program staff, 1 full-time summer program intern</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Brainfood’s Chinatown site</td>
<td>Brainfood’s Mount Vernon Square site</td>
</tr>
<tr>
<td><strong>Notes</strong></td>
<td>22 of the 25 students enrolled in Summer Institute completed and graduated from the program.</td>
<td>All 14 participants opted to be paid for participation through the Summer Youth Employment Program.</td>
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Summer Program Content

**Summer Institute**

- 6 weeks of classes focused on cooking topics including: baking, dough preparation, knife skills, breakfast, meats, poultry, whole grains, vegetarian cooking, healthy snacks, and international food.

● Susan Holt, Chef and owner of Culinaerie, led a workshop focused on traditional Italian food and knife skills (July 25th)

● Brainfood participants took screened a documentary film called Just Eat It which chronicles a couple who eat rejected food as method of learning about and preventing food waste. That day students also sampled cookies made by Brainfood Homegrown using spent grain, a typically wasted (July 28th)

● Brainfood participants took a field trip to the Brainfood Youth Garden (July 14th). They worked to identify produce they saw and later used this produce as part of “Meat in a Meal” Day in which participants cook dishes incorporating meat, but that are part of a more balanced diet and budget conscious meal plan

● Brainfood hosted an Open Kitchen Night on August 4th where Brainfood participants prepared food for their families and friends to sample

Box Project
● Box Project is a six week summer program giving returning Brainfood participants the opportunity to showcase their cooking and leadership skills by running a seasonal summer CSA operation.

● All participants were teens who have completed Kitchen All Stars, Summer Institute or Community MVPs in previous program cycles.

● Participants were responsible for planning, creating, and marketing a CSA box series for 15 paying customers. Boxes included prepared foods from scratch, fresh produce purchased from local farms, and support resources like recipes and cooking tips to help CSA subscribers make the most of new ingredients.

● Box Project participants selected weekly cooking and logistical responsibilities based on their interests or strengths and tracked their progress visually on a shared task management board.

● Weekly tasks included completing new recipes, packaging prepared foods, creating food labels, receiving produce deliveries, sorting and bunching produce, coordinating customer pickup, and suggesting process improvements based on weekly customer feedback. Participants also decided the theme of our final box.

● Participants completed a series of team cooking challenges, learned about garden harvesting and compost, and attended a film screening and discussion, and a workshop with a guest chef.

Summer Program Demographics

What is your sex?

Sex (n =41)
● Females: 66% (25 participants)
● Males: 34% (16 participants)
Race/Ethnicity (n=46*)
- American Indian or Alaska Native 9% (4 participants)
- Asian or Asian American 4% (2 participants)
- Black/African American: 70% (32 participants)
- Hispanic or Latino / Latina: 6% (3 participants)
- White or Caucasian: 4% (2 participants)
- Other: 7% (3 participants)

*Note: can choose more than one response

Ward representation:
7 of 8 Wards (n=39)

<table>
<thead>
<tr>
<th>Ward</th>
<th>Percentage</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ward 1</td>
<td>13%</td>
<td>5</td>
</tr>
<tr>
<td>Ward 2</td>
<td>5%</td>
<td>2</td>
</tr>
<tr>
<td>Ward 3</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Ward 4</td>
<td>7%</td>
<td>3</td>
</tr>
<tr>
<td>Ward 5</td>
<td>36%</td>
<td>14</td>
</tr>
<tr>
<td>Ward 6</td>
<td>13%</td>
<td>5</td>
</tr>
<tr>
<td>Ward 7</td>
<td>13%</td>
<td>5</td>
</tr>
<tr>
<td>Ward 8</td>
<td>13%</td>
<td>5</td>
</tr>
</tbody>
</table>
Grade level: (completed during the 14-15 school year) (n=31)

- 9th graders: 19% (8 participants)
- 10th graders: 17% (7 participants)
- 11th graders: 24% (10 participants)
- 12th graders: 26% (11 participants)
- Ungraded: 14% (6 participants)

Schools: Participants from 9 DC area schools

<table>
<thead>
<tr>
<th>Dunbar SHS</th>
<th>Cesar Chavez Public Charter High School PCS</th>
</tr>
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<tbody>
<tr>
<td>Benjamin Banneker HS</td>
<td>McKinley Tech</td>
</tr>
<tr>
<td>School Without Walls</td>
<td>Ballou High School</td>
</tr>
<tr>
<td>Bell SHS/CHEC</td>
<td>Washington Latin PCS</td>
</tr>
<tr>
<td>Phelps</td>
<td>DC Prep</td>
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</tbody>
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Developmental Outcomes
(Collected from pre- and post- written surveys. Pre-surveys were administered during the first week of class and post-surveys during the last week of class. Unless noted, the percentages below represent the reported data from the post-surveys. The observations were recorded by program staff using the Brainfood Observation Matrix and Youth Development Outcomes framework from AED Advancing Youth Development Curriculum.)

Responsibility and Accountability
A perception that one has some control over daily events and is accountable for one’s own actions and for the consequences on others.

- 95% of SI participants reported they know where to go for help with a problem.
● **90% of SI participants** reported they could work out their problems.
● **100% of SI participants** reported they understand why they do what they do.
● **75% of SI participants** reported that they feel bad when other’s feelings are hurt, which was a 31% increase from pre-test results.

### Civic and Social Ability
*The ability and motivation to work collaboratively with others and for the larger good and to sustain caring friendships and relationships with others.*

- **85% of SI participants** reported that they try to understand how others feel and think, which was a 13% increase from the pre-test results.
- **95% of SI participants** reported they try to understand what other people go through.
- **70% of SI participants** reported they enjoy working with other students their age.

### Sense of Mastery and Future
*A perception that one is “making it” and will succeed in the future.*

- **100% of SI participants** reported that there is a purpose to their life
- **95% of SI participants** reported they have goals and plans for the future.
- **100% of SI participants** reported they plan to graduate from high school.
- **100% of SI participants** reported that they can do most things if they try, which was a 4% increase from pre-test results.

### Productive Member of Society
*The ability and motivation to gain functional and organizational skills necessary for employment – including the steps necessary for reach goals – and the ability and motivation to learn in school and other settings. To use critical thinking, to be creative, and to use problem-solving and expressive skills.*

- **65% of SI participants** report that they are a part of club sports teams, religious organization, or participate in music, art, literature, or other hobby
- **60% of SI participants** reported that they stand up for others who are put down.
- **60% of SI participants** reported that they try to work out problems by talking or writing about them.

### Kitchen Skills
(Source: Skills Rubric pre and post tests)
*A perception that one has some knowledge of kitchen skills, listening and taking direction, and being able to work with others.*

- By the end of the program, **100% of Box Project (BP) participants** reported they can complete a range of tasks and show initiative at a mastery or professional level, a 13% increase from pre-test results.
- **80% of BP participants** reported they can lead others by distributing tasks when working in a group at a mastery or professional level, an 11% increase from pre-test results.
• **93% of BP participants** reported they can **arrive on time and ready to work** at a mastery or professional level.

• **100% of BP participants** reported they can **act professionally when interacting with community members** outside of Brainfood, which is a 19% increase from pre-test results.

• **93% of BP participants** reported they are able to provide constructive feedback to improve the Box Project program and experience at a mastery or professional level.

• **73% of BP participants** said they are able to manage time to complete tasks efficiently at a professional level, which is a 30% increase from pre-test results.

**Free-form Program Feedback**

*Source: Open-ended questions on student surveys, family evaluations, and customer evaluations administered during and after programs as well as informal verbal feedback from staff and participants.*

**Summer Institute**

**Skills Learned**

What is one thing that you’ve learned at Brainfood Summer Institute?

<table>
<thead>
<tr>
<th>Cooking Related</th>
<th>Non Cooking Related</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knife Skills</td>
<td>Communication</td>
</tr>
<tr>
<td>Liquid vs. Dry Measures</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Using and Identifying Herbs and Spices</td>
<td>Appreciation for chef’s work</td>
</tr>
<tr>
<td>Double Boiler</td>
<td>Ability to stand for a long time</td>
</tr>
<tr>
<td>Sifting</td>
<td>Being prepared</td>
</tr>
<tr>
<td>To Time and Watch Food</td>
<td>Patience</td>
</tr>
<tr>
<td>Hard boiling eggs</td>
<td>Creativity</td>
</tr>
<tr>
<td>Making a roux</td>
<td>Cooperation</td>
</tr>
<tr>
<td>Measuring</td>
<td>Collaboration</td>
</tr>
<tr>
<td>Baking vs. Roasting</td>
<td>Cleaning</td>
</tr>
<tr>
<td>Sautéing</td>
<td>Identifying Plants</td>
</tr>
<tr>
<td>Emulsifying</td>
<td>Perseverance</td>
</tr>
<tr>
<td>MyPlate</td>
<td>Vegetarianism</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Greater Vocabulary</td>
</tr>
<tr>
<td>Whole Grains</td>
<td></td>
</tr>
<tr>
<td>Cooking Proteins</td>
<td></td>
</tr>
<tr>
<td>Cross Chop</td>
<td></td>
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</table>
How to use Black Beans in Burgers

Parent Feedback
Collected from anonymous parent surveys distributed at the end of the summer special event

Does your Brainfood student talk about the program with you or other family members? If so, what?

- Yes, about the new friendships and newly learned food she cooked.
- Yes, he talks about what he learned through the cooking activity for the day.
- Yes, she talked about the many different types of food the group was exposed to and the butter techniques for food preparation.
- Yes, about what foods were made and what she wants to make again.
- Yes, she has continuously been excited to tell us what she’s made, how it tastes, and what she wants to try and make at home. She’s even made a few dishes for the family.
- My daughter speaks about the different foods and how they are made.
- Yes, she talks about the food that she cooked. Also, things she has tasted that she didn’t think she would.
- Yes, she talks about all the delicious meals prepared and how she has to taste everything.

Do you think this program has been a positive experience for your child? If so, why?

- Yes, the program has expanded his cultural experiences.
- Yes, because he had the opportunity to learn cooking activities as well as learn what happens when you do not honor/respect others and follow rules.
- Yes, it provides purpose and direction in life and vocation.
- Yes, she gained confidence in her cooking ability and curious about more types of food than when the program started.
- Yes, because it has given her the responsibility of how to work with other students.
- Yes, she is motivated to cook Thanksgiving dinner or at least a dish or two.
- Yes, she has made new friends and has developed an appreciation for food.

How would you describe the environment of Brainfood, from what you’ve seen or heard from Brainfood students?

- Positive, energetic, educational, enlightening
- I would describe the Brainfood environment as fun and exciting.
- Very positive. My daughter always comes out smiling and ready to come back
- The environment I think was very helpful in developing her social skills
- I believe it was a safe and fun environment for her to learn

Do you think this program is educational and/or entertaining enough for your child? Please explain.

- Yes, I believe it was educational because he learned about teamwork and life skills.
● Yes it was definitely educational and exciting for her. She enjoyed trying out foods we don’t offer cook at home and trying out restaurants that served the foods she learned about.
● The program has taught my daughter responsibility, determination, never given up on a project.
● I think that it’s informational and educational as well as entertaining.
● Yes, it kept her wanting to come each day.
● Yes, she got to understand food and its nutritional value.

Has there been a noticeable change in your child’s attitude over the course of the Brainfood Summer Institute program? Please explain.
● Generally speaking, he’s little more extroverted
● Not much but she is much more open about food
● More helpful at home, especially in the kitchen! Way more confident.
● I noticed that her attitude is more determined.
● Yes, she has a desire to participate in the kitchen with me.
● Yes, she is more confident to cook.
● She’s became more outgoing.

Box Project

Skills Learned
What are your biggest takeaways from Box Project?

<table>
<thead>
<tr>
<th>Skills Learned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teamwork</td>
</tr>
<tr>
<td>Customer service</td>
</tr>
<tr>
<td>Healthy eating</td>
</tr>
<tr>
<td>How to make spent grain flour</td>
</tr>
<tr>
<td>Handling food</td>
</tr>
<tr>
<td>How to be a leader</td>
</tr>
<tr>
<td>Making new friends</td>
</tr>
<tr>
<td>Cooking skills and connections that will lead me to a career as a chef</td>
</tr>
<tr>
<td>The important aspects of marketing</td>
</tr>
</tbody>
</table>

Box Project Subscriber Feedback
Source: Brainfood weekly subscriber’s survey

Average client ratings across 5 weeks
- Overall box pick-up experience a 10 out of 10
- Quality of the prepared foods a 9.3 out of 10
- Amount of prepared foods a 9.5 out of 10
- Quality of the produce items a 9.5 out of 10
- Amount of produce items a 9.3 out of 10
- Overall customer service 10 out of 10

Comments from Box Project Subscribers
- “This is my first time joining a CSA and I could not be happier!”
- “Love it just like last year!”
- “I loved everything! Breakfast tart and babka - YUM! Very gourmet. Never would have thought to try the strawberry jalapeno dip - amazing! I use it as a veggie dip.”
- “The broccoli stem pesto was so unexpectedly delicious!”

Ongoing Participant Reflection and Feedback
Source: weekly debrief meetings held with Box Project participants

Went well
- Students enjoyed working with students from their previous Brainfood class as well as meeting new people from other Brainfood classes.
- Participants appreciated getting more responsibility in the kitchen such as choosing recipes for boxes.
- Participants enjoyed building positive relationships with adult instructors and volunteers.
- Participants appreciated having the opportunity to share feedback on the program and see changes made based on their input.
- Participants worked well together to accomplish weekly goals and tasks.
- Participants were able to finish prepared food in a timely manner and keep on schedule.
- Participants asked staffers questions when unsure about a task or technique.
- Participants took initiative to help stay on schedule.