Community Cooking Coaches Program Overview

Community Cooking Coaches is a program that allows high school-aged Brainfood graduates to build on their cooking and leadership skills by developing and teaching healthy cooking workshops to the DC community. To be eligible for this program, students must have previously completed a Cooks In Training program.

Community Cooking Coaches is a 8 month program that runs from October through May.

- **When:** Participants attend classes every Tuesday & Thursday from 4:00pm - 6:30pm
- **Where:** This program is only offered at our Mt. Vernon Square kitchen
- **Who:** High school-aged graduates of our Cooks in Training program

Youth-led Cooking Workshops
Interested in having our Cooking Coaches lead a hands-on healthy cooking workshop with your group? Our corps of teen educators can host your group at our industrial kitchen or teach a workshop at your site. We've taught folks of all ages and skill levels across the city, and we're always happy to connect with new groups.

Brainfood Program Outcomes
Brainfood's program outcomes are based on the Search Institute's 40 Developmental Assets®. Here's how participants build on those outcomes in our Cooking Coaches program.

- **Responsibility & Autonomy** - Participants take the lead on planning and teaching workshops for community groups. Participants select the groups they will work with and coach.
- **Civic and Social Ability** - Participants work together as a cohort to provide access to youth-led food education opportunities for groups in the city.
- **Productive Member of Society** - Participants build pre-employment skills, learn professional codes of conduct, and build their ability to work with culturally diverse groups.
- **Mastery and Future** - Participants track their progress from skill-learning to skill-sharing as they use cooking knowledge they learned in Cooks in Training to make them stronger, more confident teachers.

Please contact Lyssa Houser for information about scheduling a workshop, recruitment, or current openings in Community Cooking Coaches.

Lyssa Houser
lyssa@brain-food.org
202-615-3981

Brainfood - A recipe for youth development | www.brain-food.org

**Brainfood Columbia Heights**
1525 Newton St. NW
Washington, DC 20010

**Brainfood Mt. Vernon Square**
900 Massachusetts Ave. NW
Washington, DC 20001

**Brainfood Chinatown**
755 8th St. NW
Washington, DC 20001