Cooks In Training Program Overview

Brainfood's entry level program provides high school aged youth opportunities to build leadership and cooking skills. We provide youth with a safe and structured environment where they are encouraged to take healthy risks, challenge themselves, learn new skills, and make healthy choices. Cooks in Training curriculum is designed to address the capacities, strengths, and development needs of DC teens.

**Cooks in Training** is a year-long program that runs from October through May.

- **When:** Participants attend classes 2 days/week (Monday & Wednesday or Tuesday & Thursday) from 4:00pm - 6:30pm.
- **Where:** Classes held at both our Columbia Heights kitchen and Chinatown kitchen.
- **Who:** This program is specifically designed for 9th & 10th grade students, though 11th and 12th grade students are also encouraged to apply.

**Summer Cooks in Training** is a 6-week summer program that runs from late June through early August.

- **When:** Participants attend classes 5 days/week (Monday - Friday) from 1:00pm- 5:00pm.
- **Where:** This program is only offered at our Chinatown kitchen.
- **Who:** This program is a condensed version of our signature Cooks In Training program that's designed for high school students of all grades who need a fun alternative to a summer job.

Brainfood Program Outcomes

Brainfood's program outcomes are based on the Search Institute's 40 Developmental Assets®

- **Responsibility & Autonomy** - A perception that one has some control over daily events and is accountable for one's own actions and for the consequences on others.
- **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.
- **Productive Member of Society** - The ability and motivation to gain functional and organizational skills necessary for employment – including the steps necessary to 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.
- **Mastery and Future** - A perception that one is “making it” and will succeed in the future.

Enrollment in Brainfood programs is open to DC high school youth. Please contact Amanda Kirsch for information about classes, volunteering with Cooks In Training, recruitment, or current openings.