

★ Kids At Work!

Empowering Youth Through the Culinary Arts

Kim Castano

◆ Who We Serve

- Juveniles Ages 12-17

Risk Factors:

- Low income
- School problems
- Mental health issues
- Past trauma/abuse
- Substance use issues
- Low parental availability



◆ Our Goals



- Provide technical skills
- Build interpersonal skills
- Create successful experiences
- Build self-esteem/self-efficacy
- Develop job expectations
- Provide emotional support

★ Basics of Kids At Work

- Youth participate for 16 weeks
- Receive 24 hours of Interpersonal skills training
- Receive 24 hours of culinary arts training
- Participate in the evidence-based Say It Straight Program
- Transportation is provided, if needed
- Class meets for 3 hours one day a week.
- Up to 10 youth in a class, with rolling admissions



★ Interpersonal Skill Development



- Ability to express feelings appropriately
- Responding versus reacting to a situation
- Asking for help when needed
- Learn how to cooperate with others to create a meal

◆ Teamwork



★ Culinary Arts Curriculum

- Designed to teach skills needed to be hired in the culinary field
- Learn how to operate commercial equipment
- Become accustomed to food and kitchen safety practices



★ Culinary Skills Learned

- Nutrition
- Use of whole foods
- Knife skills
- Methods of cooking
- Understanding the five tastes
- Sauce creation
- Dish presentation skills



◆ Safe Plates

- Equivalent to ServSafe certification
- Earn \$1 more per hour
- 6 weeks (5 classes, 1 exam day)
- NC State University
- Cooperative Extension Offices
- NC Department of Agriculture

◆ Catering

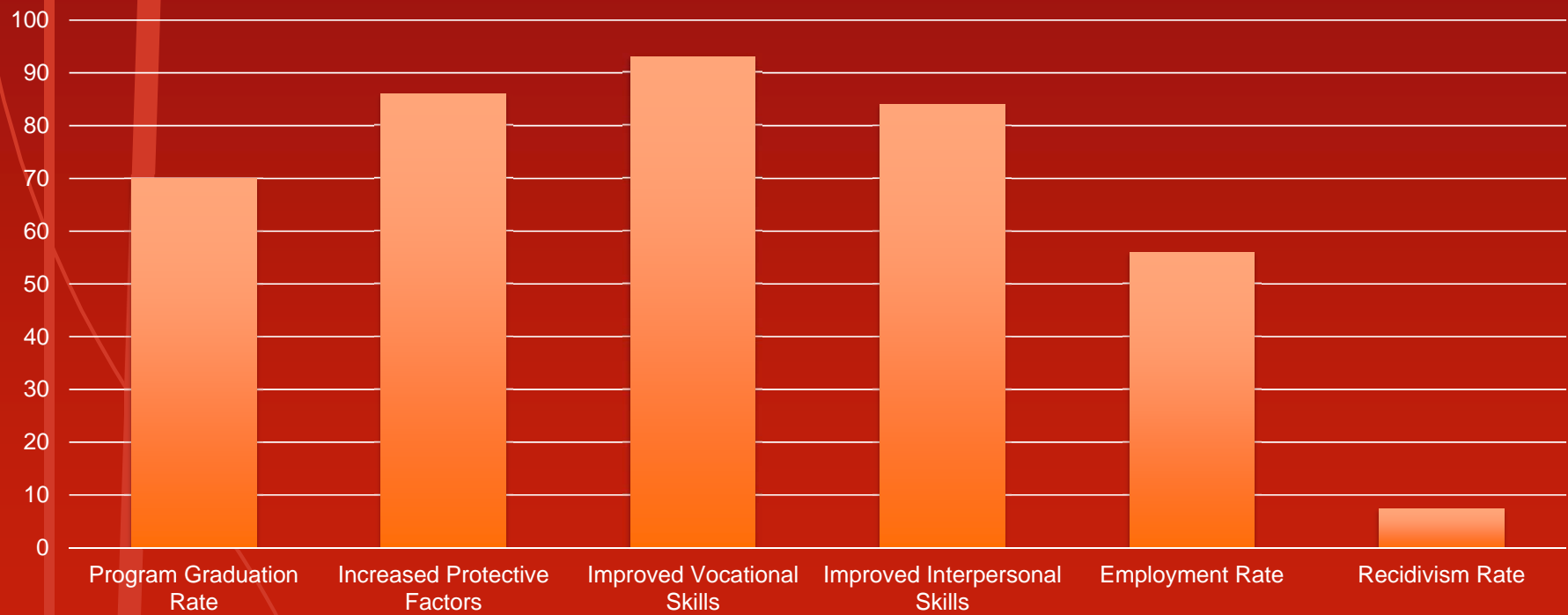


★ Career Development

- WIOA linkage
- Job placement sites
- Paid apprenticeships
- Network of employment mentors
- Linkage to further education



Kids at Work Results: July 2015 - June 2016 (n=162 Youth)



★ Currently 13 Counties Served

- Lincoln
- Gaston
- Cleveland
- Rutherford
- Polk
- Henderson
- Transylvania
- Catawba
- Burke
- McDowell
- Buncombe
- Madison
- Haywood

◆ Kids at Work!

Questions?

◆ Kids at Work!

