



PLANT TO PLATE

Internship Program

GROWING. MENTORING. EMPOWERING.



IMPACT STATEMENT 2022-2023

OUR VISION

Plant to Plate was created to address the structural inequities of west Contra Costa County, by championing the aspirations of our local under-served high school students. Our program equips interns with the skills to grow food sustainably through regenerative practices, and to master the art of planning and preparing wholesome meals. Our holistic approach is threaded throughout the program to foster the well-being of each intern, nurturing their social, emotional, and physical health.



Guided by professional chefs and master gardeners, students leave with an understanding of the interconnectedness of the natural world and healthy food. The mentorship they receive from local volunteers builds community and provides interns with a professional network they can call upon as they search for work and further their education.

THE PLANT TO PLATE INTERNSHIP PROGRAM

has empowered underserved high school students through comprehensive job-training, invaluable mentorship opportunities and paid employment in the areas of organic gardenings and the culinary arts.

100+ YOUTH
participants

7
PROGRAM
YEARS

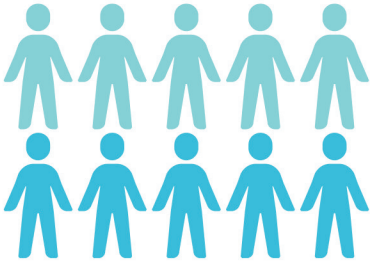
100+
programming
hours/year

YOUTH IMPACT

- 93% **graduate** from our 7 month program,
- **ALL** find **employment**
- The majority **attend college**
- **ALL** describe the program as one that **prepared them for work and life after high school**

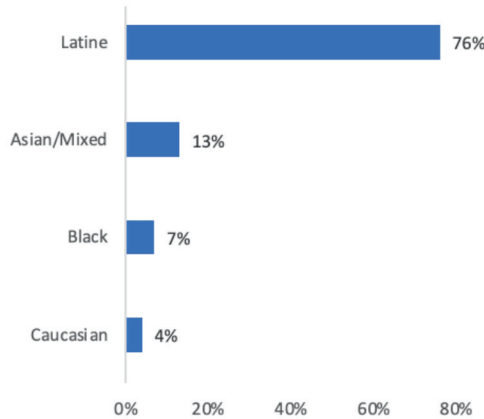
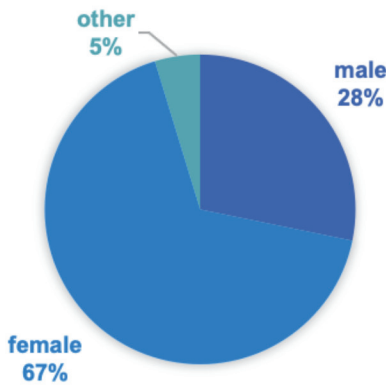
COMMUNITY IMPACT

Every year, **over 40 local volunteers share expertise and provide support** in meaningful ways including direct service to interns and leaders, and through upkeep of the garden space, kitchen areas and the administration of our nonprofit



WHO WE SERVE?

Our interns are juniors and seniors recruited from the local under-served high schools of West Contra Costa County including Richmond, Kennedy, DeAnza, Making Waves, Middle College, Pinole and El Cerrito High School.



Interns range in age from 16-18 years



The majority of interns have been Latina female

Plant to Plate is an educational internship program:

“As someone who was intimidated by the workforce or felt unprepared for it, I can definitely say that my experience as a Plant to Plate intern has taught me a lot and played a significant part in the development of fundamental skills like communication. So much so that it provided me the self-assurance to pursue and get accepted into a Kaiser internship program over the summer.

Plant to Plate helped me be more confident mentally and take the initiative to try for new experiences. I don't think I would have ever changed for the better or been the person I am now if it weren't for Plant to Plate. It's incredible how quickly someone can change in just seven months.”

(Plant to Plate Intern)



PLANT TO PLATE CURRICULUM

The Plant to Plate curriculum covers a wide range of skill sets that empower and prepare the Interns for success in life and work.

1. Job-training

- Organic gardening
- Food preparation and cooking
- Table and waitstaff experience
- Job search and employment skills

2. Skills for Life

- Stress management
- Nutrition and personal wellness
- Money and tax stewardship
- Communication techniques

3. Mentorship & Supervision

- Mentoring from community professionals
- Networking with local businesses
- Paid experience in the garden and kitchen

LEADERSHIP DEVELOPMENT

In 2022, Plant to Plate expanded its Program by recruiting and training alums who showed interest in leadership development. These new leaders have assisted in all aspects of the Internship, including curriculum planning, logistics, instruction and mentoring the high school interns.

"Watching interns blossom into themselves as leaders never gets old! It is a precious gift to bear witness to our students' professional and personal growth over the course of our seven months together. They are an inspiration to the work, and to what it means to invest in our community. I feel lucky just to be a part of it."

Kelli Barram

(Plant to Plate Program Director)



STAGES OF THE PLANT TO PLATE PROGRAM

- **AUGUST:** we begin recruiting local High School students
- **OCTOBER:** Orientation and class time of the 7 month/100 hour Program begins. Instruction begins and ends in the garden, and during the winter takes place in the kitchen.
- **APRIL:** A Graduation Celebration!



“This program changed my well being”



“I gained so much from this experience. Great people, life experience, and so much fun.”



“Throughout the Plant to Plate Internship I have met so many people, made so many connections, learned so many things that I know I will benefit from for the rest of my life.”

*all quotes are attributed to Plant to Plate Interns

VOLUNTEERS & PARTNERS

Tapping deeply into local roots, the Plant to Plate Internship Program receives help from at least 40 community members who donate their time and precious resources.

Volunteers from many different professional contexts share their expertise and experience with our interns year-round.

“To me, volunteering with Plant to Plate means fulfillment. I get to impart my skills and experience to the next generation and watch, with pride, how they use these fundamental tools to grow in their own lives”
Eden Canon, Chef

“I wish I had had access to the financial knowledge that I share with the Plate-to-Plate Interns. Sharing information to help them avoid the same mistakes I made adds another layer of meaning and purpose to my work.”
**Jorges Reyes, Mechanics Bank
VP Branch Manager**

“As much as I share my skills with the interns, I also learn from them, and it becomes a very mutually beneficial experience. Interacting with them and watching them grow throughout the program helps me feel more connected to my larger community.”
Siyoon Kim, Master Baker & Chef

NONPROFIT & BOARD OF DIRECTORS

A NONPROFIT WAS CHARTERED IN 2021 TO SUPPORT THE PLANT TO PLATE INTERNSHIP PROGRAM. THE BOARD OF DIRECTORS VOLUNTEER THEIR TIME AND EXPERTISE TO HELP RUN THE NONPROFIT WHOSE PURPOSE IS TO “TEACH, TRAIN AND MENTOR YOUTH IN ORGANIC GARDENING AND THE CULINARY ARTS TO HELP THEM DEVELOP JOB/LIFE SKILLS AND ENVIRONMENTAL AWARENESS”

PLANT TO PLATE BOARD MEMBERS: ARNON OREN; JANET MORTENSEN HECKMANN; YOAV HAVSOUSH; ALANA GRICE CONNER; SARAH FERREIRO HAND AND KELLI BARRAM

Our volunteers and local partners make invaluable gifts of time and resources to our interns and provide infinite returns to our community. Plant to Plate deeply appreciates their ongoing support and generosity!

- **Whole Foods**
- **Prime Copy Printing**
- **Cayson Designs**
- **Craneway Pavilion**
- **Point Trio**
- **Golden Gate Meat Company**
- **East Brother Brewery**
- **3 Way Jazz band**
- **Anaviv Catering and Events**



“Plant to Plate taught me how to take initiative and skills that helped me get a job”

**Plant to Plate Internship Program is a 501 (c)(3) Non-Profit organization.
For further information or to make a donation please go to www.plant2plate.org**