



TEEN BATTLE CHEF: STIRRING UP CHANGE ONE COMMUNITY AT A TIME



FamilyCook Productions' Teen Battle Chef nutrition program has a 10 year track record of successfully skilling up youth in over 150 middle and high schools in 20+ states. It's been shown to not only improve eating habits, particularly increase consumption of fresh fruits and vegetables, but inspire youth to

become agents of change who positively influence the food choices of their friends, family & community. Our [alumni study](#) revealed 74% attained and sustained a healthy weight by adhering to program behavior targets. Higher attendance, graduation rates and test scores have also been documented.



DEVELOPING YOUTH LEADERS ONE RECIPE AT A TIME

Teen Battle Chef is successful because it meets adolescents where they are. It creates a safe environment where students can express themselves. It plays to their sense of adventure, social networking and peer influences. Youth are challenged and gently nudged out of their comfort zone to discover new capabilities.

Each week two teams compete by presenting different program recipes including details about their ethnic origins and nutrition profiles. They become articulate advocates for delicious, fresh food. They are surprised at just how tasty healthful food can be! The excitement about their new skills and discoveries motivates them to share with others. That's the 'sweet spot,' where TBC youth **become leaders** in their school and share their new knowledge and skills with others.

TBC youth have competed on The Food Network's **Chopped**, won culinary scholarship, gone on to careers in health promotion, taught countless others to cook, and have presented hundreds of cooking demos. The program is designed to: 1) improve youths' food behaviors; and 2) develop youth leaders to move organizational health and wellness goals forward.



HEALTHY EATING + SUSTAINED EFFECT

TBC has been evaluated repeatedly since 2008. Quantitative evaluations have shown statistically significant improvements in overall dietary changes among participating youth as compared to a control group*. Our 2017 **TBC alumni study showed healthy behaviors & weight loss sustained for up to 7 years.**



SHARING WITH OTHERS

Our program research has also consistently shown that over 50 percent of youth positively influence the food behaviors of their friends and family. This statistic grows as the students stay connected with TBC as leaders in their school, supporting the health of others.



SCHOOL ENGAGEMENT & SUCCESS

Our research has shown TBC students school attendance was 10% higher than school average, they achieved higher graduation rates, and their SAT scores in reading and math were both higher as compared to their school average.



TBC LIVE

An exciting program component in communities with multiple schools is [TBC LIVE](#) where top TBC youth nominated by their instructors form teams to compete with healthful recipe presentations on a stage with live audience. A video screen backdrop of their culinary handiwork, along with audience text voting for the best culinary artistry and best cooking demo in real time makes for an exciting event. It's a key element in raising self-esteem; **youth are given a public platform where adults can listen and learn from them.** No matter how grand or modest the event, it serves to alter the way youth see themselves. **They begin to dream and can see a path to more success,** because they now know what success feels and looks like. Such events happen every spring in communities with multiple TBC programs from coast to coast! Review our [Fact Sheet](#).

SUMMER INTERNSHIPS

Our TBC Summer Internship Brigade is a turn-key summer employment program for schools and community groups to further mentor their TBC leaders and connect them with local food businesses, farmers market groups, senior centers, kids camps etc. Once a week attend job-readiness mentoring, field trips and make community presentations to further hone their skills. We provide the summer internship mentoring curricula and training, including SMART goal training and social media contest concepts to make it fun, engaging, and their successes measurable.

HOW TO JOIN TEEN BATTLE CHEF

It's easy for new schools and community organizations to become part of the TBC movement – just identify teachers, staff or committed volunteers who can participate in a TBC training. If a whole school district wants to become involved, we can bring the training to you. It's that easy – no fancy kitchens necessary and many partner benefits. **No fancy kitchens necessary** – TBC can be conducted in any classroom with access to a sink!

VIRTUAL TBC TRAINING

Now training your staff to bring Teen Battle Chef to your community could not be easier. FamilyCook will debut a completely virtual training in 3 Parts: 1) Distance Learning presentations; for the basics; 2) Live real-time hands-on culinary lesson presentation and critique using two-way video software-; and 3) Live webinar for program management. **Your investment in staff training is not lost when staff leave; your license entitles you to sign up new, replacement staff for virtual training at anytime at no cost. Such trainings are available monthly.**

*Studies conducted in 2012-13 and 2013-14 of TBC students in 15 NYC schools; peer-review manuscript in development.