

---

## HOW SETTING THE TABLE WORKS

- 6-12 Winchester youth meet with 2 facilitators weekly for 8 weeks each semester.
  - The program is open to 6<sup>th</sup> through 12<sup>th</sup> graders.
  - Learning modules cover food production, farming, food issues in the urban core, food marketing, healthy eating, and cooking.
  - Over 2 semesters we visit and if possible volunteer at farms, food pantries, soup kitchens, grocery stores (ethnic and mainstream), farmers' markets, and restaurants.
  - We learn and practice cooking skills, making donations to area non-profits whenever possible.
  - Through videos, maps, and conversations with community members and each other we learn how to eat in healthy ways, how "the food system" works, and how to talk about why these things matter.
  - We meet people who work in and beyond Winchester in food service, farms, anti-hunger work and more.
- 



---

### Environmental Partnerships

1 Taft Dr., Winchester, MA 01890  
(781) 729-4021

[www.EnvironmentalPartnerships.org](http://www.EnvironmentalPartnerships.org)

### With local meetings at Parish of the Epiphany, our fiscal agent

70 Church St., Winchester, MA 01890  
(781) 729-1922

[www.3crowns.org](http://www.3crowns.org)



## SETTING THE TABLE: FROM FIELD TO PLATE



EDUCATING AND EMPOWERING OUR YOUTH  
TO MAKE INFORMED CHOICES ABOUT FOOD  
AND TO ADVOCATE EFFECTIVELY FOR JUST,  
ENVIRONMENTALLY AND AGRICULTURALLY  
SOUND PRACTICES — IN THEIR LIVES,  
THEIR COMMUNITY, AND THE WIDER WORLD.

---

A program for all Winchester teens from  
Environmental Partnerships  
and Parish of the Epiphany

## WHY SETTING THE TABLE MATTERS

Teens get strong cultural messages (negative and positive) about food from home and the media. Healthy eating makes a big difference in their lives now and in the future -- for their own diet, their community and the wider world. Yet our teens grow up disconnected from where their food comes from, how food production impacts the earth, and what makes for hunger in today's world.

*Setting the Table* helps teens build connections between healthy food and healthy people, address cultural messages and identify food justice issues. It gives them knowledge and hands-on opportunities to own what they learn in order to eat in healthy ways and take part in addressing the critical ways food production shapes today's world.



### WHAT WE DO IN THE KITCHEN

Participants have the experience of preparing and eating food, looking at how the media present food, and developing their own judgments about both. We help them learn tools to talk about their food choices and work for changes they want to see.

### WHAT WE DO OUTDOORS

Participants work alongside farmers who raise local food sustainably and people who minister to other peoples' hunger. They see what it looks like to care and actively work to improve what we eat — in

Winchester, urban Boston, and beyond.



### WHY THIS WORKS

Why do teens come on Sundays when they've been in school all week?!

It's experiential – not the same kind of learning or the same tasks they do in school. When they're out in a field or at the stove practicing a new skill, the learning becomes real, the growth visible. Setting the Table is about shared learning through shared work, empowering youth to become the food leaders of tomorrow.

