



Thank you for your interest in Women & Children's Free Restaurant & Community Kitchen's (WCFR) Teen Leadership Board! Our Teen Board offers students from local high schools a unique opportunity to gain experience in a leadership role and learn about the importance of philanthropy and volunteerism while supporting women, children and families struggling with food insecurity in our community.

In Spokane, 1 in 4 kids struggle with food insecurity. Although there are organizations that help with food assistance, resources that offer healthy, scratch-made meals served with dignity are few and far between. Hunger doesn't discriminate and often affects people who sit with you in class or even live next door. WCFR helps fill the nutritional gaps for these people and throughout our community through 3 core programs:

- **Restaurant meals:** At WCFR, women and children enjoy a full-service restaurant experience, complete with hostesses that greet and seat them, servers and table attendants. We serve nutritious, scratch-made meals using fresh ingredients sourced from a wide variety of resources three times a week. Our **free** licensed restaurant follows the standards established by the Spokane Regional Health District for commercial restaurants.
- **Nutrition-to-Go:** Through this unique program, we prepare and deliver nutrient-rich, communal and individually packaged meals to 28 partner organizations for distribution to their clients. This service is offered at no cost to our partners – all food and financial donations to support this program are secured by WCFR. Collaboration allows our partners to do what they best while we do what we do best. Family Promise, Feed Cheney, Hope House, SPEAR Ministries, Inc., St. Margaret's Shelter, Vanessa Behan Crisis Nursery, Women's Hearth, and the YWCA are just some of our many partners.
- **Nutrition Essentials:** We teach families to improve their physical and financial health through nutrition education, cooking skills, and ways to stretch limited food dollars. Nutrition Essentials is designed to equip women and children with knowledge and resources designed to improve their overall health and reduce the risk of preventable diseases such as obesity and type 2 diabetes. We currently offer weekly classes throughout the year. Students also receive recipes and fresh ingredients.

In addition to learning more about our mission, teen board members will gain experience in a leadership role, and have hands-on opportunities to learn about philanthropy, fundraising and volunteering.

There will be six 90-minute monthly meetings between October and May.

Other Teen Board responsibilities include being ambassadors for the restaurant and volunteering at our fundraising events.

Interviews and selection of new members will take place over the summer. Individuals will be informed of their acceptance to our Teen Board program prior the beginning of the school year. **Applications are accepted until July 15.**

To be a part of this exciting project and to help us make a difference in your community please carefully read and fill out the attached application and mail or drop off at:

WCFR  
Attn: Teen Board  
1408 N Washington St  
Spokane, WA 99201

I look forward to receiving your applications!

Sincerely,

Kris Mason  
Teen Board Committee Chair