



Empowering young women to live healthy lives filled with positive options.

RESPECT STRENGTH MOTIVATION CONFIDENCE SUCCESS INTEGRITY RESPONSIBILITY

Young Women on the Move (YWOM), founded in 2005, is a comprehensive gender-specific health and life skills program for high-risk adolescent girls in the urban core of Kansas City, KS.

OUR VISION: Young women, when healthy in mind, body and spirit, are creators of health, prosperity and hope in their families, communities and the world.



Culinary Academy

Objective: Nourish Body and Soul, Educate the Mind, Strengthen Community, and Inspire Leadership.

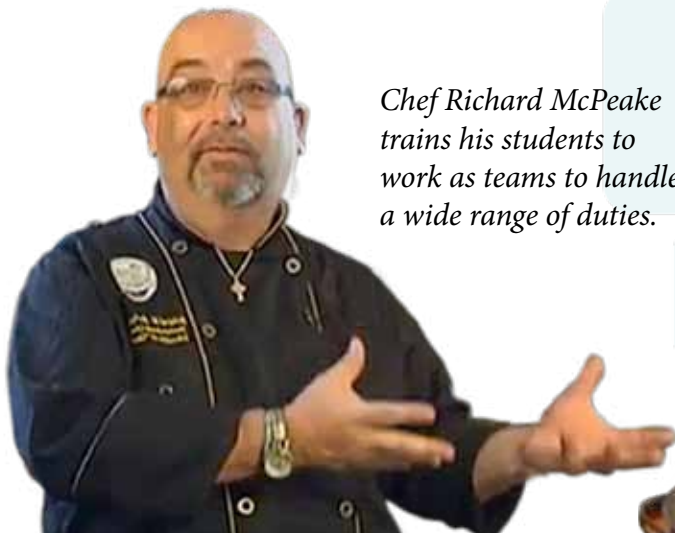
THE PURPOSE

The Culinary Academy will be a nutritional teaching lab and entrepreneurial center for YWOM members, their mothers, and homeless teens living in the adjacent Hillcrest Transitional Living Center. The Culinary Academy and its programs will be designed to be helpful resources to the community through additional high-caliber educational programs, networking opportunities and collaborative work with other community organizations.

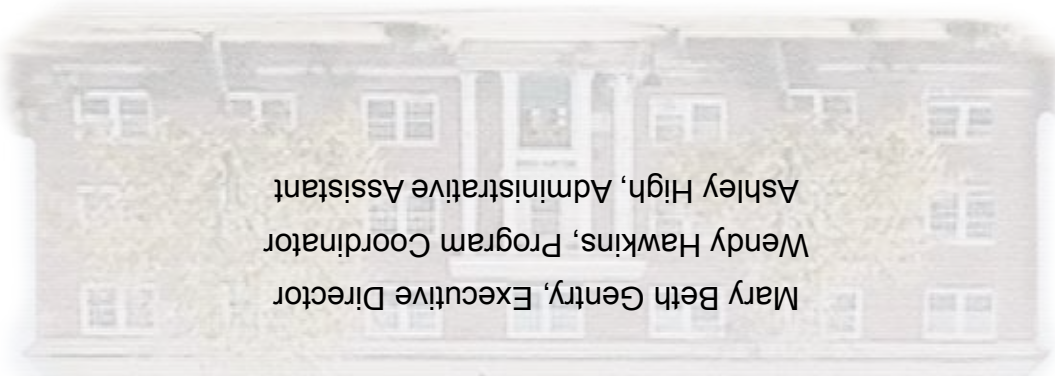
THE NEED

Nutrition is the cornerstone for life. Knowledge is power. Together they endow hope for a lifetime. The proposed

Culinary Academy will be an essential community resource for addressing the troubling statistics that keep Wyandotte County, population 157,505, near the bottom of all Kansas Counties (98/100 in 2010) in terms of health. Kansas City, KS School District enrollment of 20,172 students has 83% qualified students for free or reduced lunch while only 72% are enrolled. Twenty percent of Wyandotte County residents live in poverty with more than 12,000 or 28% of the children living in poverty. The Culinary Academy is a vital component for YWOM to be equipped for educating and instilling healthy behaviors in food science, urban gardening, and fostering entrepreneurial projects that address the hunger needs of youth and families.



Chef Richard McPeake trains his students to work as teams to handle a wide range of duties.



Mary Beth Gentry, Executive Director
Wendy Hawkins, Program Coordinator
Ashley High, Administrative Assistant

Young Women on the Move Staff

CULINARY ACADEMY PROGRAM



OBJECTIVES

Nourish Body and Soul

YWOM girls, their families and others served by the Culinary Academy will gain the knowledge, skills and motivation to achieve the full spectrum of health thus improving their health and the health of the community.

Achievement: Introduce age and culturally appropriate, evidence-based programming on core components of health: physical, nutrition and fitness, emotional and mental, social, academic, career and financial self-sufficiency.

Educate the Mind

Girls will develop 21st century learning skills and create positive social change by designing and launching their own social venture initiative through the Culinary Academy.

Achievement: Using Youth Venture, a global community of change makers; girls will develop, launch and lead a business initiative that addresses an important social need of the community.

Strengthen Communities

The Culinary Academy will offer opportunities for nonprofit agencies, businesses and families to participate in educational programs and collaborate on strategies to strengthen the overall health of the community.

Achievement: YWOM will develop a calendar of events with training opportunities and market to other nonprofit agencies, businesses and families.

YWOM will collaborate with community stakeholders to foster a spirit of cooperation and development of focused strategies to improve health.

Inspire Leadership

Girls and families will gain confidence and demonstrate their skills in addressing the major obstacles to their families' and the community's health.

Achievement: Engage in activities that encourage team building, goal setting, accountability, and social entrepreneurship.



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