



**Teens for  
Food Justice**

# Galvanizing a youth-led food justice movement!

**Teens for Food Justice (TFFJ) fights food insecurity through school-based, youth-led, hydroponic farming. We work to end the cycle of diet-related poor health outcomes, disproportionately impacting low-income communities of color.**

Food insecurity and a lack of healthy food access are persistent, pervasive challenges in communities across America. These challenges are exacerbated in marginalized communities where significant and harmful public health inequities disproportionately impact people of color. TFFJ is uniquely positioned to quickly and effectively seed generational change in directly impacted communities while providing tangible, immediate, and far-reaching benefits. Schools are natural centers of community; therefore, food grown within schools can serve not only students, but also families, neighbors, and communities at large.

TFFJ students become 21st-century farmers growing large quantities of hydroponic produce inside their Title I schools, and are empowered to be educators, mentors, and advocates working to build a just, equitable, and sustainable food system for all. Through STEM classes, afterschool programming, and school-based internships, TFFJ students learn to build and run our school-based farms. Each farm grows up to 10,000 pounds of produce annually, providing fresh produce daily for lunch in the schools' cafeterias and distributed, free and affordably, within local food desert communities. TFFJ's afterschool programming educates students about the health and nutritional value of the food they grow and provides leadership training in food policy, civics, and advocacy. The students then share this information at the local events they run, with the administration within their schools, and with their local elected officials, guiding their communities towards healthier, food-secure futures.

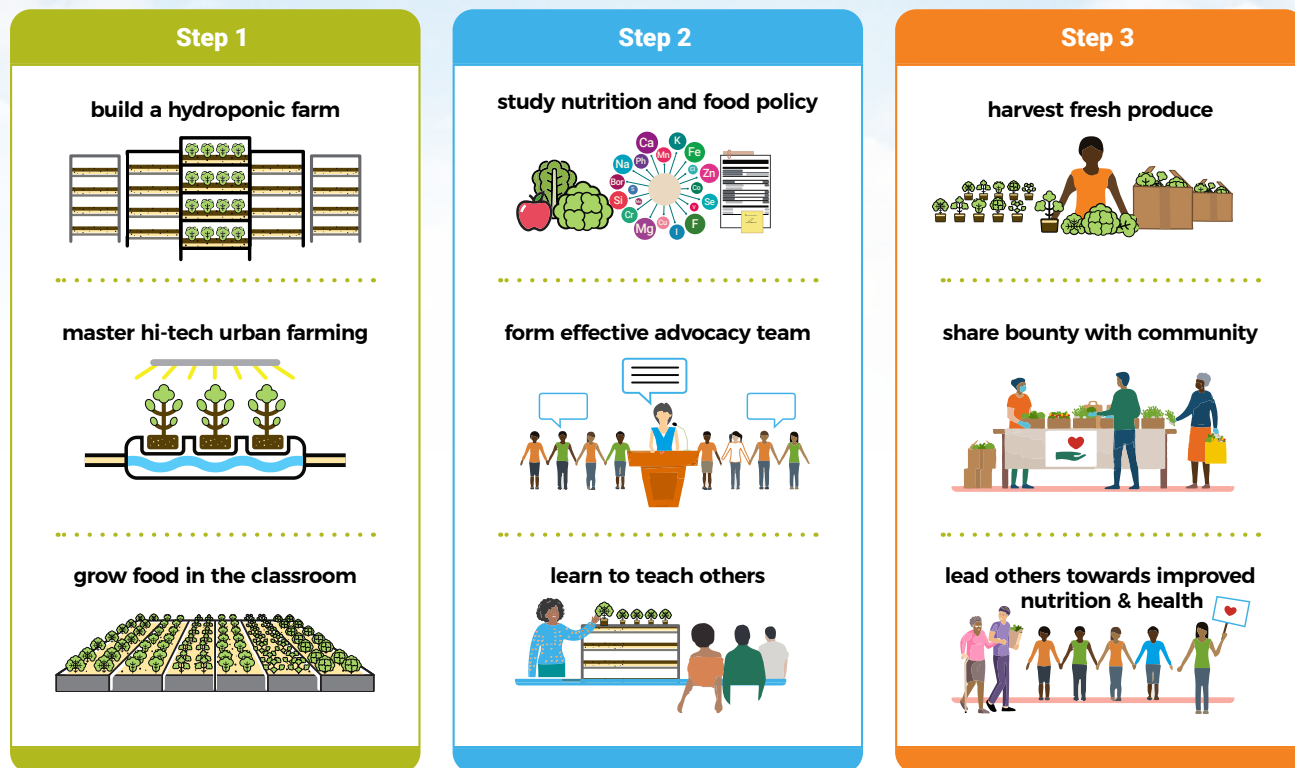
## TFFJ Outcomes

- **100%** of students surveyed **understand how nutritious food makes a positive difference in their health**
- **50%** of participating students **feel more confident in science**
- **95%** of participating students **see themselves as more of a leader who can advocate for food justice**
- **86%** of students surveyed **feel the farm increases their understanding of environmental sustainability**
- **81%** of students **feel they have the motivation and knowledge to eat healthier foods**
- **76%** of students **go home and share what they have learned with friends and family**



## How TFFJ Works:

TFFJ students become 21st-century farmers by building and maintaining indoor hydroponic farms that yield up to 10,000 pounds of fresh produce annually at each site. TFFJ school farms also serve as youth-led centers of nutrition and health outreach to communities located in food deserts.



## What People are Saying

"Once I walked in the door and I saw everything, I was inspired. I was so amazed that you don't have to grow produce outside; you can grow it inside."

"Through TFFJ, I am helping to spread awareness of good nutrition and healthy living. I am making an impact, helping people live healthier lives."

"It's really amazing because I helped grow them, so it's like me tasting my work and what I can do."

"Thank you for the impact that your organization has had on my son. He just graduated high school, and until this day talks about what he learned from you all and how he might apply it."

"Teens for Food Justice is able to provide students with the leadership skills to go out and be comfortable advocating for change in their society."

## Grow with Us

Our philosophy is simple: Give someone a meal and you feed him or her for a day; teach young people to lead a healthy food movement and you feed a community for a lifetime! Learn more about TFFJ and how to support our mission at [teensforfoodjustice.org](https://teensforfoodjustice.org).