

L.A. KITCHEN

revealing the power of food

Empower LA Culinary Arts & Nutrition Advocacy Program

Empower L.A. is a postsecondary career-training program for transition age foster youth and formerly incarcerated adults. We accept up to 26 students for each session of the program, which runs 15 weeks. Our training focuses on 3 main areas: culinary skills, job skills, and life skills to prepare the students for the world of work.

- Weeks 1 - 8: Classes & Kitchen Practice
- Weeks 9 - 12: Internship
- Weeks 13 - 15: Job Search/Job Placement/Graduation

In order to participate in Empower L.A., applicants must be categorized in one of the following:

- Formerly incarcerated (*30 days or more*)
- Formerly homeless
- Transitional age foster care youth (*ages 18-24*)

Empower L.A. additionally requires applicants to:

- Be referred by a partner social service agency (*see page 2 for our partners*)
- Be clean and sober for 120 days
- Be permanently housed
- Be age 18+ with ability to lift 50 lbs and stand on feet for over 8 hours

*Prior culinary experience is not required

Additional program benefits:

- Transportation stipend
- Uniform
- Books & Materials
- ServSafe Food Handler Training & Certification

Contact empowerla@lakitchen.org for more details and/or to become a partner.

Partner Organizations

Alliance for Children's Rights
Angel's Nest TLP
CA Hispanic Commission of Alcohol & Drugs
Center for Health Justice
Children's Bureau
Children's Law Center of CA
Chrysalis
Coalition for Engaged Education
Conviction & Sentence Alternatives (CASA)
Didi Hirsch Mental Health Services
Downtown Women's Center
Dream Center
Extraordinary Families
First Place for Youth
Five Keys Charter School
Gateways Wellness Center
HealthRight360
Hillsides Youth Moving On
Hollywood Wellness Center
HousingWorks
InsideOut Writers
Job Corps—Los Angeles
Journey House
LA County Department of Child & Family Services
LA County Department of Mental Health
LA County Probation –
• Juvenile Regional Placement Unit
• Youth Development Services Division
LIFT LA
Mercy House
New Earth Arts & Leadership Center
New Opportunities Charter School
Optimist Youth Homes
Peace4Kids
People Who Care Youth Center
Project Return Peer Support Network (PRPSN)
Prototypes
PVJOBS
River Community Wellness Center
Safe Place for Youth
Skid Row Housing Trust
Southern California Foster Family & Adoption Agency: Foster Alumni Co-Mentoring Experience
The Alliance for Children's Rights
The RightWay Foundation
The Supervision to Aid Re-entry (STAR)
The Teen Project – Freehab
The Whole Child
United Friends of the Children
U.S Department of VA
U.S. Pretrial Services Agency
Youth Policy Institute