



Sowing Remedies

YOUTH FELLOWSHIP

Frequently Asked Questions

1. What is a fellowship?

A fellowship is an opportunity to participate in a program to learn, grow skills, and receive mentorship. Fellows are able to connect with other youth who hold shared interests and values to see a world where communities have food security and strong local food systems.

2. Who is eligible to apply?

The fellowship is open to all youth interested in learning more about food justice and other systemic issues connected to food insecurity. We hope to provide fellows with a strong understanding of how food insecurity impacts communities and how we can work to both respond and advocate for sustainable food systems, increase food accessibility, and provide communities with tools and resources to grow their own food.

3. Is this a paid fellowship?

Yes, fellows selected to participate in the program are eligible to receive a stipend amount of \$1,125. Full amount is contingent on full attendance and participation of the program.

4. What are the dates for the sessions?

We will strive to keep a consistent schedule of every 2nd and 4th Thursday from 4:00PM - 7:00PM between March - June 2025. However, dates are subject to change based on facilitator availability. All sessions are in-person.

- March 10 - 12, Spring Break Intensive, 10:00AM - 1:00PM
- March 27, 4:00PM - 7:00PM
- April 10 & 24, 4:00PM - 7:00PM
- May 8 & 22, 4:00PM - 7:00PM
- June 12, 4:00PM - 7:00PM
- **June 26: Graduation Day**

5. When is the application due?

Applications are due Wednesday, February 12th by end of day.

6. When will I be notified if I am selected?

If selected, you will receive an email from staff to confirm you have been selected to join this year's cohort. Emails will be sent the week of February 24.

7. Will there be an info session?

We will be hosting an info session to answer any questions on Friday, February 7th from 4:00PM - 5:30PM at the Community Food Bank (3003 S Country Club Rd).

Still have questions?

Email Diane at dojeda@communityfoodbank.org or Liz at epena@communityfoodbank.org

