



# YOUTH FOOD ENTERPRISE



**VISION:** In our future, young people will use their food and business knowledge to make mindful choices, so they can live well and realise their potential.

**MISSION:** We exist to support the education of marginalised young people about living skills, food security and small business by developing an m-learning and e-commerce platform to address the lack of relevant digital resources, offer tangible experiences and operate a social food enterprise.

**STRATEGY:** To present young people with various food concepts (health, culture, technology, media, politics, environment, finance, enterprise and community) that connect to their lives (physical, cognitive, emotional, social and spiritual).

**VALUES:** Community, Wellness, Literacy, Cultural Capital, Sustainability, Authenticity, Integrity, Innovation, Respect.



We urge educators to **place food in a psycho-social and business context** in order to make it relevant, rather than leading with nutrition or dietetics. Our projects and activities include:

- Digital education resources and initiatives designed to empower young people and inspire mindfulness.
- Employment pathways, work experience, training, mentoring and start-up advice for young social entrepreneurs.
- Food-related events, food and beverage products, business consulting and e-commerce platforms.
- A social community of passionate people who act to improve young lives





A young person with **health & food literacy** can make better decisions to avoid obesity, diabetes, addictions, tooth decay or chronic disease.

A young person with **food and gardening knowledge** can identify quality ingredients and cook with limited equipment. They can better manage their budget which may allow them to travel or live independently.

A **fit and mindful** young person, can exercise their body without specialised equipment, they can play sport with more confidence and have less doubts about formal learning.



Understanding the **nexus between food** and the **celebration of their own cultural diversity** will allow young people to feel good and engage with the arts or community activities.

Young people are **aspiring workers or entrepreneurs**, but some lack the skills and opportunity to gain meaningful employment or establish their own business. If they had the chance, they would **create enterprises that allow others to live well**.



## **PLAN & MANAGE**

Prioritise money & time for food  
Plan regular access from a reliable source.  
Make feasible food decisions.

## **SELECT**

Access food through multiple sources.  
Determine what's in it.  
Judge the quality.

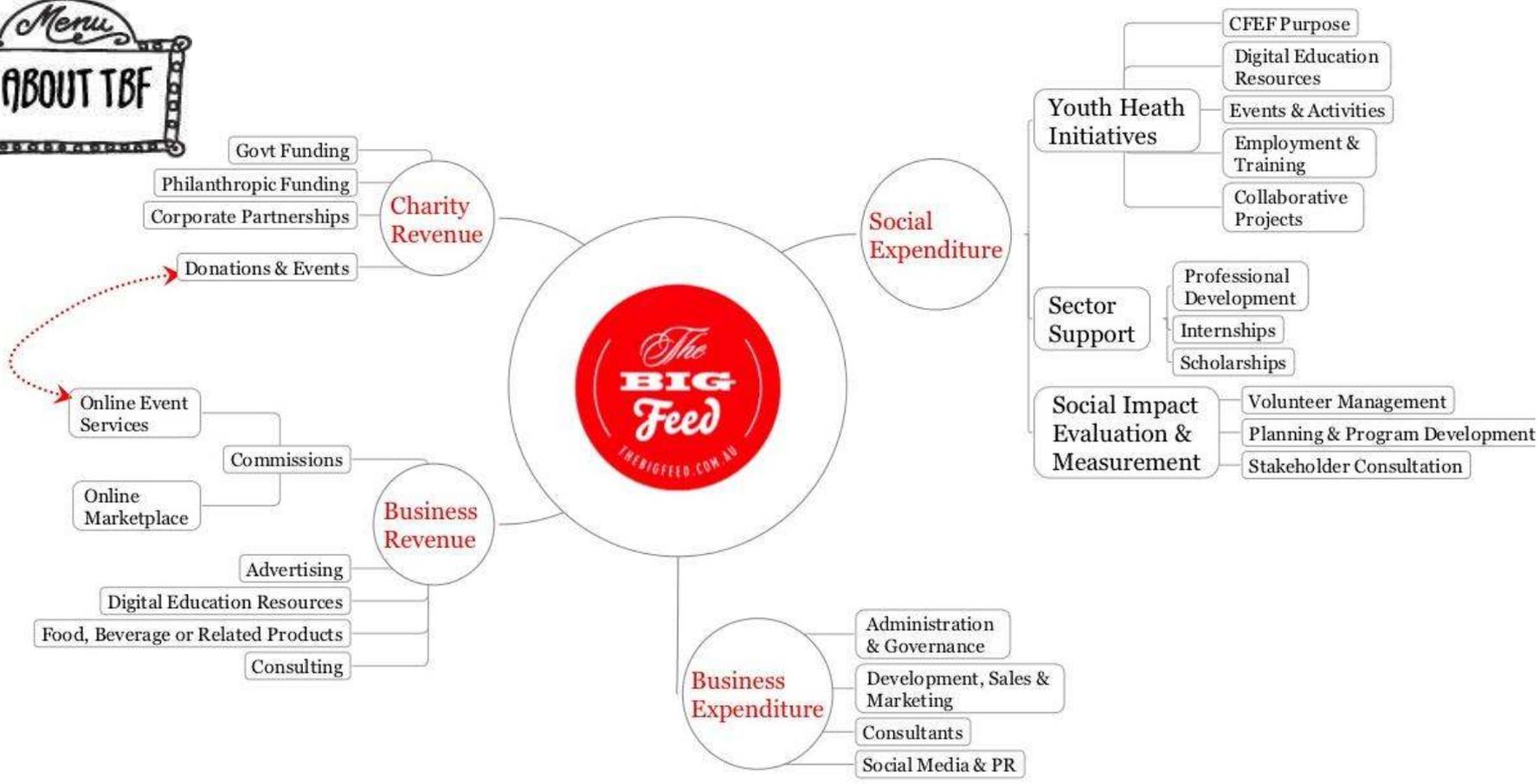
## **Food Literacy**

## **PREPARE**

Make a good tasting meal from whatever is available.  
Safe food hygiene & handling.

## **EAT**

Understand that food impacts wellbeing.  
Demonstrate nutritional understanding.  
Socialise.





- **Digital education resources and initiatives designed to empower young people and inspire mindfulness.**

- **The Big Feed APP : FREE**  
Classic seasonal recipes designed for young people living away from home & university students. Also used as a training tool by our volunteers & youth workers.

Rates of obesity, preventable disease, chronic illness and unemployment amongst young people are high (24% are obese or overweight, 18% have dental disease, 3.8% are diagnosed with Type II Diabetes, 15% are unemployed).

Around 30,000 homeless young people regularly experience high levels of food insecurity. Young people are the biggest food wasters, tossing an average of \$26 of food every week.

Young people with low socio-economic status or living outside cities are over-represented within these statistics. The scale and ubiquity of mobile devices means they are often the only computer infrastructure available to disadvantaged young people in remote and rural areas.

Mobile Learning also has a unique role to play in reaching those who are outside the scope of traditional schooling and who will benefit immensely from access to educational programmes. Proficient use of mobile technology and e-commerce systems can also connect them to employers and improve their job readiness skills.



IN FOOD WE TRUST

DO GOOD

ABOUT TBF



SAN CHOY BOW



Serves 4

Summer



Eating with your hands is always very satisfying, but messy! So try this for a light meal or an impressive starter, and remember the serviettes.



RECIPE



INGREDIENTS



METHOD



UTENSILS



NOTES





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