

YESS KITCHENS

Youth accessing our programs are in a state of survival. At YESS, we are able to teach youth that food is not a bargaining tool and will always be accessible to them.

We have trained Red Seal Chefs in our kitchen program who provide nutritional meals and also education for youth expanding their life skills.

When youth experience survival mode and have trauma around trusting when or where their next meal will be or if it will sustain them for the day, it is a slow process for them to believe they are deserving of food, that food is available for them, or that it will be there when they are hungry for it. We work tirelessly with our onsite kitchen staff and youth workers to be consistent, predictable, and transparent with our three daily meals for youth and where our food is from and build up trust that this food IS for them.

We all deserve the connection and health and community that food brings!

The current average cost per plate is currently **\$3.65**.

It is estimated that of what we use for these plates that **78%** is donated product.



15,808 lbs of meat
consumed in a year



10 loaves of bread
per week between ARC/NEXUS



240 frozen meals
made per year



20 jugs of milk
used per week,
approx. 4,160 L/year consumed



816 loaves of bread
per year used in
supportive housing



2444 total meals
served annually between
all of our programs at YESS

**numbers are based on an approximate amount*

YESS

youth empowerment & support services

