



# PREPARING YOUNG ADULTS FOR THE JOB MARKET

## GROWING SUCCESSFUL ADULTS

Urban Seeds Cultivators is a highly interactive 10 session, 20-hour training for young adults interested in learning about careers in the food system. Participants learn how to find a job and develop work readiness and life skills.

### Participants will learn about:

- Careers in The Food System
- How to Find and Prepare for a Job
- Food Justice
- Entrepreneurship
- Money Management

Interested in hosting a training at your organization?  
Contact Lisa French at [lfrench@fieldandforknetwork.com](mailto:lfrench@fieldandforknetwork.com).

A food system includes all processes and infrastructure involved in feeding a population: growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal of food and food-related items.

