



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. Full amount is contingent on full attendance and participation of the program. Stipend amount is TBA.

4. What are the dates for the sessions?

We will strive to keep a consistent schedule of every 2nd Tuesday of the Month, from 4:00PM - 7:00PM between October 2026 - April 2027. **However, dates are subject to change based on facilitator availability.** All sessions are in-person. Below, please find the tentative schedule.

- October 6 - 8: Fall Break Intensive, 9AM - 2PM
- November 10 & 21: 4PM - 7PM & 9AM - 12PM
- December 8: 4PM - 7PM
- January 12 & 23: 4PM - 7PM & 9AM - 12PM
- February 9: 4PM - 7PM
- March 9 & 20: 4PM - 7PM & 9AM - 12PM
- April 13: Final Day/Celebration

5. When is the application due?

Applications are due Saturday, September 26th by end of day.

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

Applications are reviewed on a rolling basis and we will inform you of your selection in September.

7. Will there be an information session?

If selected to participate, a tentative information session will be hosted by our team. Details will be emailed.

Still have questions?

Email Liz at epena@communityfoodbank.org or Gabriela at gperez@communityfoodbank.org

