

# Snohomish

HEALING PROJECT



SNOHOMISH HEALING PROJECT provides nourishing healthy meals to our community members undergoing Cancer treatment. Our meals are prepared by youth volunteers who learn to cook and eat for health, while discovering their power to make a difference in their community. Adult volunteers cook and mentor teens.

"The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of/or responsibility for the actual content of any of the activities offered."

**To apply and learn more, please visit [snohohealing.org](https://snohohealing.org)**

## Adults

- Kitchen mentors - work directly with teens
- Delivery Angels - deliver meals to our clients
- Help prepare food for meals

## Teens

- Learn to cook healthy meals
- Gain real-life job experience, leadership skills and community service credits
- Make friends with other teens