



**Science  
Club  
for Girls**

## **Co-Lead our Supper Sisters Group!**

**Explore the issues of health, hunger and where food comes from!**

Supper Sisters is a new team-mentoring program that Science Club for girls will launch this spring, connecting 12 girls in grades 9-12 with 6 mentors that want to share their knowledge and excitement about food and health.

**Over a series of 10 weekly sessions, you will:**

- **Cook a delicious and healthy meal** together each week to teach/learn basic cooking skills
- Facilitate discussions over dinner about food choices, food advertising specifically to girls, body image and issues of health and hunger to **encourage girls to hone their critical thinking skills and articulate their own values about food choices.**
- **Provide support, insight and guidance**, as girls work together to create a self-designed service project to address an issue of hunger in the community and learn valuable leadership skills
- **Gain valuable skills** by learning to cook healthy and inexpensive meals, teaching and learning collaboratively in a multi-generational group, receiving specialized training about mentoring with a youth development perspective, and facilitating a service-learning project for youth

**We're looking for:** Women that have an interest in healthy eating and a desire to work with girls. Volunteers commit to one session two hours a week, for ten weeks, and must complete the mandatory Science Club for Girls Training and Orientation prior to the start of the program.

All sessions will take place  
**Thursday evenings from 6-8pm**  
February-May at the Russell Youth Center,  
located at 680 Huron Avenue Cambridge, MA

### **Interested?**

Contact Devin Smith, AmeriCorps Ambassador of Mentoring, at:  
dsmith@scienceclubforgirls.org or (617) 391-0361 x3  
for an application or more information.

**Apply quickly to reserve a spot! Training is held January 28<sup>th</sup>!**

For more information about Science Club for Girls,  
check out our website: [www.scienceclubforgirls.org](http://www.scienceclubforgirls.org)

