



Sunflower Bakery Seeds Program

A Unique Mitzvah Project Opportunity for Bnei Mitzvah Students

The Seeds Program is designed around the concept of *Tikun Olam* – Building a Better World. The purpose of the program is to teach B’nei Mitzvah about the role that Sunflower Bakery plays in the community – that of training adults with learning differences in marketable and transferable skills that can lead to employment –and how the Seeds participants can help expand awareness of Sunflower’s mission, provide assistance in the bakery and help create marketing media to ensure Sunflower Bakery continues to be successful in meeting the needs of the community. The Seeds Program is ideal for teens interested in making a difference in our local community and improving the lives of individuals with learning differences. Those with an interest in baking and/or pastry might find it especially engaging.

Each session includes a learning opportunity as well as a hands-on project to assist the Bakery. The overall goal of the program is to generate awareness of the needs being addressed by Sunflower Bakery and to develop community ambassadors so that our employment training programs can continue to grow and thrive. Students should participate during the Fall or Spring of the school year in which they will become a Bar or Bat Mitzvah.

For 2017-18, the co-ed five week Sunflower Seeds Program will take place Sundays, 10am-12pm, beginning November 5. The cost for the program is \$195 due with registration. The program will be open to 8 participants.

A Preview of the five Sessions: Each session will have a learning component and a volunteer component. Teens will be of assistance in performing various needed tasks either in the kitchen or office areas.

Session 1 – November 5

According to Maimonides’ Ladder, one of the highest levels of *Tzedakah* (charity) is to enable a person to become independent and learn skills to begin on a path of greater financial responsibility. Teens will meet with a local Jewish educator to learn about the Jewish values upon which Sunflower Bakery is founded. They will explore how the Jewish perspective on philanthropy and community service is integral to the mission of Sunflower.

Session 2 – November 12

Teens will meet with an organization founder to learn about the history of Sunflower and to discuss how our programs prepare individuals with learning differences for employment. Teens will learn about cognitive disabilities through experiential exercises. They will discuss concepts of inclusivity and people-first language as well as how peers and communities interact with individuals defined as having disabilities. Students will also engage in a discussion about the particular needs of young adults with learning differences as they transition from school to work.

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Session 3 – November 19

Teens will explore the role of mission-driven, non-profit organizations in our community and how they effectively engage the public. What makes a nonprofit organization successful? Teens will brainstorm ideas for a presentation on Sunflower to their peer communities. Teens will be asked to think about the ways in which their Bar or Bat Mitzvah *parshiot* relate to Sunflower's mission.

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Session 4 – December 3

Teens will create presentations and marketing materials to further Sunflower Bakery's mission. These projects will be presented on Sunflower's website and utilized on Facebook to help drive community engagement with the organization. Individuals experienced in various communication mediums and arts will be available to assist students. Teens will also bake delicious products to sell to family and friends the following week at Café Sunflower.

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Session 5 – December 10

Teens will hear about managing Café Sunflower from our Café Manager and will experience running the Café. They will sell lunch and desserts (including Chanukah desserts) to family and friends. Everyone will be invited to join as program participants share their Sunflower Bakery presentations.

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To register go to:

<https://www.sunflowerbakery.org/community/bnei-mitzvah-program/>

For more information, please contact Sarah Antine at bneimitzvah@sunflowerbakery.org.