

**QUOTES FROM OUR GRADUATES:**

*"F Bites was life changing for me. I've been in and out of trouble since I was 10. I got a chance to turn my life around and signed up for F Bites. F Bites gave me more than cooking lessons, they taught me how to enjoy life. For the first time 5 years, I have hope."*

*"It's good to know someone cares about my future, and is willing to teach me to make me a better man. "*

*"It's empowering, to have somebody believe in you."*

*"I can lead people, give direction, and encourage others to become something from what I've learned from weeks I've been cooking. "*



**F Bites:**  
*Changing your life, one day at a time!*



**F BITES!  
FOOD BASED  
INITIATIVES  
TRANSFORMING  
EMPOWERED  
STUDENTS**

**CULINARY CLASSES  
IN LEADERSHIP AND  
EXCELLENCE,  
SERVING THE  
BUFFALO NIAGARA  
REGION**



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## WHAT IS F BITES?

### Our Mission Statement:

F Bites uses culinary instruction as a vehicle to develop leadership, professional skills, as well as college and career readiness in youth and adults to empower a community that is responsive to the workforce development needs and opportunities of the Buffalo Niagara Region.

We are a program that reaches youth and adults through cooking! We teach our students that if you can create a culinary masterpiece in spite of the hardships you have faced and overcome, there's nothing you can't accomplish! That's why we have the saying, *"Changing your life one bite at a time!"*

### PROGRAMS AND AFFILIATES:

Canalside Buffalo  
Old Falls Street  
Buffalo Police Athletic League  
Buffalo Public Schools  
Buffalo Niagara Medical Campus  
Erie County Juvenile Detention Center  
Liberty Partnership  
Niagara Falls School District  
Orleans/Niagara BOCES  
Niagara County Jail  
Niagara Global Tourism Institute  
Niagara University



### We Need Your Support!

F Bites was awarded their nonprofit status in February 2016. As we strive to change the lives of the students we work with, as a young and growing organization we need your support!

By donating to F Bites or volunteering your time you can impact the life of someone from your community.

Contact F Bites today!

