Partnerships-in-Action Session
Youth Engagement: Youth Take Charge! Fruit and Vegetable Snack Demos by Peer Model Educators

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Youth Engagement: Youth Take Charge!

Stressed the importance as youth as partners!

Idea began when they observed that cooking was of interest to youth. They chose ‘tweens’ because they were old enough to handle a knife and follow direction and still young enough to intervene effectively. Paired older children (10-12) with younger (8-9) children and used peer mentoring.

Found that many of these youth did not have basic food prep skills (ie: cutting food, holding a knife, knowing to peel a banana).

Has no staff! But lots of partners!

Interviewed community members and identified these issues related to nutrition:
- Motivation
- Education
- Role modeling (peer and parent)

Literature supports that children are influenced by role models.

Four steps to program:
- Identify recipes
- Learn how to do food demo
- Practice demo on parents or younger classroom
- Present demo in community setting

Children are learning
- Life skills (cooking, prep, using utensils)
- Public speaking
- Peer mentoring
- Confidence

Youth Take Charge! Complete program and other resources are available online. www.milwaukee.gov/nutrition (within the MCNPAC Role Modeling Action Guide – Peer Section) Anyone can replicate this program—it is all there for you.