Youth Engagement: Youth Take Charge!
Fruit and Vegetable Snack Demos
by Peer Model Educators

Co-Presenters:
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Abstract:
This session will showcase the evolution of Youth Take Charge! an evidence based curriculum to promote increased self-efficacy for eating more fruits and vegetables by peers and the community through healthy snack demonstrations, tasting, and rating samples prepared by youth peer model educators. Issues related to partner coordination and youth engagement as health and wellness advocates will be discussed with audience participation in a round table format.

Session Goals:
- Review the history of Youth Take Charge! from initial partnership formation to current implementation through the on-line MCNPAC Role Modeling Action Guide
- Examine lessons learned, from both expected outcomes and unexpected outcomes that continues to shape the programs’ successes
- Provide insight on ways to engaging youth as peer educators for nutrition and health programming

Learning Objectives:
- Review State Nutrition and Physical Activity Program resource on What Works for Schools and how it was used to develop Youth Take Charge!
- Discuss the role and importance of project coordination from the perspective of different partners (academic, community, families)
- Explore ways that Youth Take Charge! can be implemented today utilizing the MCNPAC Role Modeling Action Guide
- Identify issues that need to be considered when working with multiple partners, including the youth themselves