

**King County Food & Fitness Initiative
Youth Partners Meeting
September 24, 2007 9:30 – 11:30
WSU King County Extension – Renton, WA**

Meeting Goals:

Draft recommendations to the Co Conveners defining

1. How youth should be organized to be involved in the planning phase of this initiative, and
2. What resources will be needed to implement the recommendations

Present: Janice Dilworth, Vanisha Duggal, Freya Gibbon, Sylvia Kantor, Sue Lerner, Erin MacDougall, Sonia Morales, Elyse Rowe, Julie Salathe, Aviva Vikstrom, Amy White

Discussion Outcomes:

1. Who should be involved and from where could they be recruited?

- Recruit youth from schools or unaffiliated programs, or...
- Recruit youth from within participant organizations
 - Involvement stipend could be used as incentive for youth to progress through their current program (eg Youth Garden Works interns could 'graduate' to participating in initiative)
- Recruit youth who demonstrate leadership capabilities and willingness to learn/train, receive an adult recommendation, and are between the ages of 15-18.
- Two levels of youth including a leadership group with stipends and a volunteer group in classrooms or clubs
- Specify time commitment prior to recruitment
- Host youth summit summer leadership selection process

2. How can youth participate in the planning phase of the initiative?

- Participate in youth or adult planning committees
 - Give youth opportunity to reflect on the planning process to assess their level of empowerment
- Develop concrete projects to focus youth ideas and participation
 - Youth presentation at the pro-bike/pro-walk conference in 9/08
 - Opportunities to interact with policy makers
 - Give youth opportunity to assess community needs
 - Youth work best in groups of peers and with adults they respect Be sure to include at least 2 youth members on advisory committees
- Become acquainted with the skills and knowledge of the involved youth so they do not feel 'talked down to' by adult participants

3. How can youth involvement be maintained throughout the planning phase?

- Offer incentives such as stipends, class credit, and service-learning credit
- Youth must recognize how their involvement in this initiative will have direct applications in their communities and experience the positive rewards of creating change
- Does not resemble schoolwork

Resource Needs:

- Stipends, school credit, and other incentives for youth
- Fresh and healthy food for youth participants
- Staff
- Volunteers
 - Involve parents/guardians of youth participants
- Transportation for youth and coordinators
 - Meet in communities (eg schools, community centers)
- Supervision, training, and advocacy for youth
- Curriculum development/revision
- Flexible approach
 - Programs on different timeframes
 - Unique youth participants
- Evaluation
 - Find a way to document change in individuals and communities

Next Steps:

- Develop a clearer sense of purpose for the initiative
- Possibly hire a coordinator who would be responsible for speaking to participant organizations and children, identifying needs/resources of organizations and communities, and recommending the two communities where the initiative will be implemented. This new hire could be:
 - AmeriCorps/Vista or a graduate student
 - Make 6-10k a year
 - Work closely with 1-2 youth assistants
 - Can build rapport with diverse youth
 - Bilingual
 - Experience recruiting diverse youth
 - Comfortable speaking with large groups
 - Teaching skills
 - Facilitation or coordination experience
- Alternatively, expand the job-descriptions of part-time employees at participant organizations to include organizing this initiative. Allocate funding to support them.

For organizations not represented at the meeting:

- In what capacities might the youth in your organization participate?
- What can your organization contribute to the planning phase of this initiative?
- How might the goals of this initiative fit into the operations of your organization, especially if your organization involves nutrition or fitness?
- Should a full-time staff member be hired at this time?