

The Power of Youth Voice in Nutrition Security

Implementing an Active Youth
Presence in NIFA Programs



Presented by the Youth Delegates of the 2022 National 4-H Conference
Prioritizing Nutrition Security Roundtable

Moderated by Kate McHale, Cornell University, 4-H Collegiate Facilitator

August 23, 2022

Meet the Team

Krysten Hood

Sara Newsome

Claire Turpel

Logan Pickhinke

Mindy Moradi

Anita Van

Madeline Hall

Carrington Robertson

Kacie Clark

Abby Frizzell

Tamiyah Davis

Leah Szczepanski

Allyson Aves

Florida

Ohio

Massachusetts

Iowa

Oregon

Minnesota

Connecticut

Alabama

Arkansas

Arkansas

Missouri

Georgia

Illinois





Non-Discrimination Statement

<https://www.usda.gov/non-discrimination-statement>

- In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs, are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.
- Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.
- To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax (202) 690-7442; or (3) email: program.intake@usda.gov.
- USDA is an equal opportunity provider, employer and lender.

NIFA Nutrition Security Webinar Series

Selected editions include:

- **GusNIP Overview**
- **Internship Perspectives**
- **The Role of RDNs**
- **Cooperative Extension's National Framework for Health Equity and Well-Being**
- **Strengthening our Intersections between Climate Change, Food Systems, and Nutrition Security**
- **Prioritizing Nutrition Security: Emerging Approaches in Research and Practice**
- **NIFA Elevates Youth and Families**

<https://nifa.usda.gov/program/nifa-nutrition-security-webinar-series>



How can NIFA better integrate youth voice into its efforts to prioritize nutrition security?



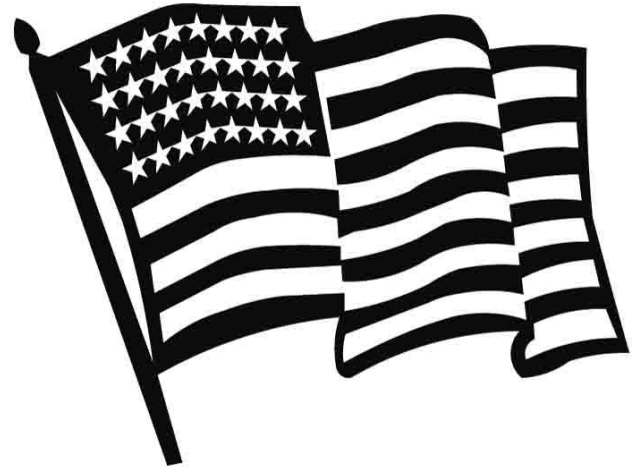


We believe that NIFA can better integrate youth voice into its work to prioritize nutrition security by creating a national youth committee, that would oversee state and local committees that will reach youth through **community outreach** , **education** , and **involvement** .



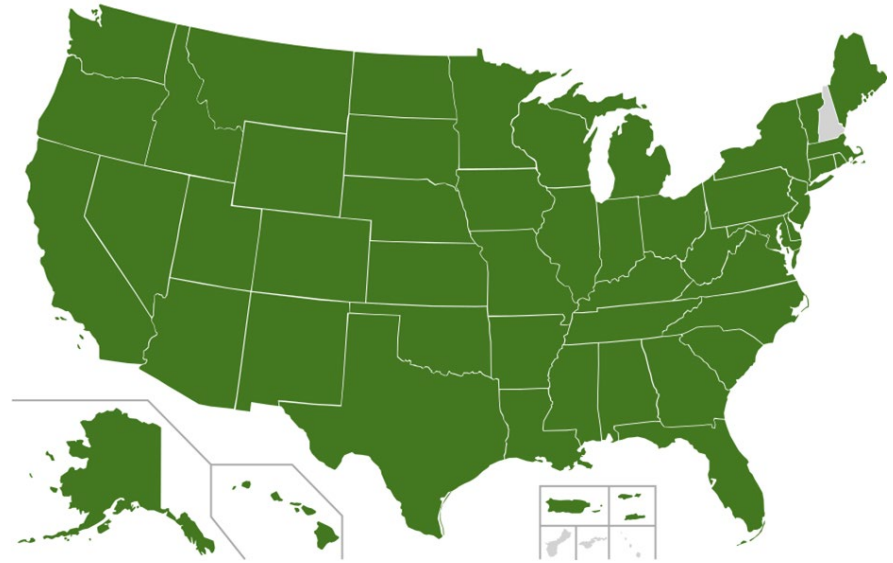
National Youth Committee

- Would work directly with NIFA
- Evaluate existing nutrition security programs
- Oversee state and local branch operations
- Provide online educational resources
- Promote youth voice



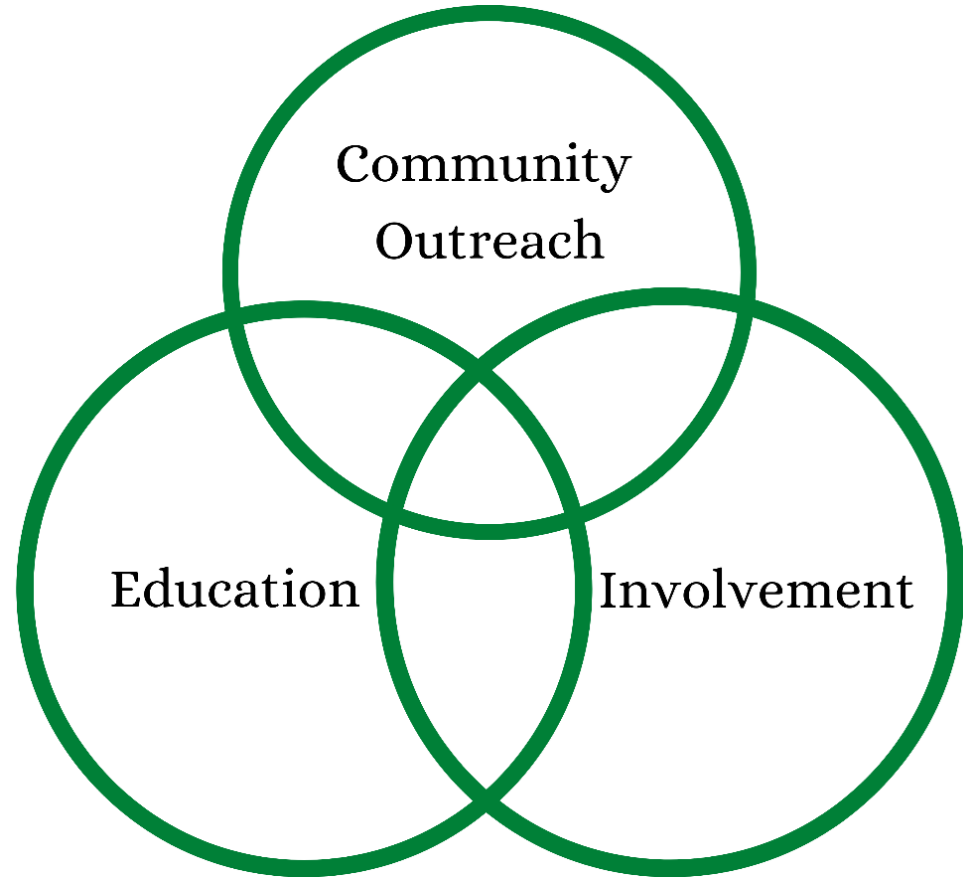
Purpose of State Committees

- Address specific state issues
- Bridge between local and national
- Use 4-H to spread awareness
- Social media campaigns
- Addressing educational policy



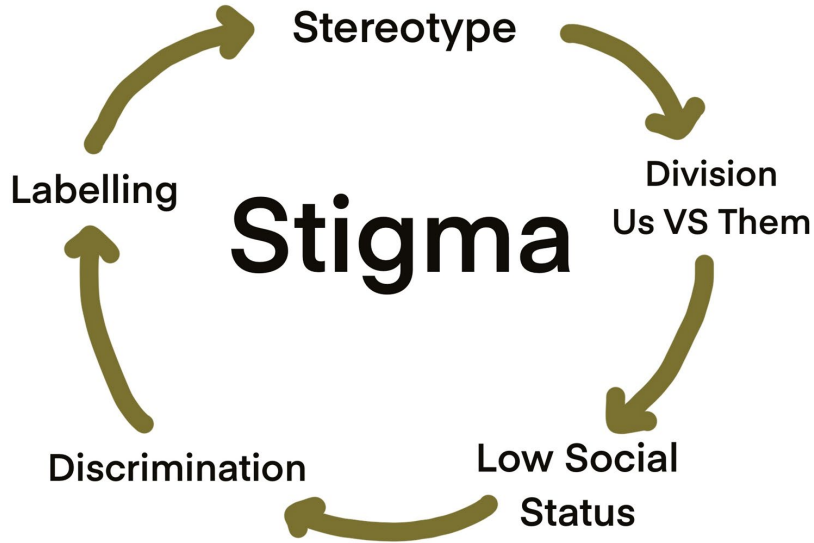
Local Level

The 3 Components
of our Curriculum



Community Outreach





Eliminating Stigma Associated With Nutrition Insecurity

- Identify social disgrace
- Find ways to increase dignity
- Spread awareness



Promotion

- Connecting with community
- Spread news
 - Advertisement
 - Provide information within schools
- Extending resources from existing programs



Social Media

- Spreading information
- Advertising education
- Reaching more youth



NUTRITION SECURITY
VS
FOOD SECURITY

Do YOU KNOW THE DIFFERENCE?
DOES THIS EFFECT YOUR COMMUNITY?

LEARN MORE AT WWW.NIFA.GOV



Social Awareness

- Addressing the age gap
- Defining the regions
- Spreading the information

Education



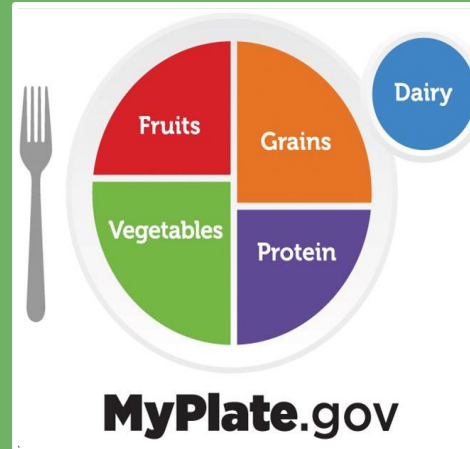
Basic Nutrition

- Addressing Elementary
- Targeting Teenagers
- School Lunch
- Informing Adults



Teen Teaching

- Intracurricular
 - Teach elementary and middle schoolers
- Extracurricular
 - Teach to food deserts/underrepresented communities



Self - Sufficiency

- Developing independence in communities
- Having the knowledge to make healthy choices
- Examples would be programs on container gardening, the farm-to-table initiative, and other school programs



Involvement





Volunteering & Recruitment

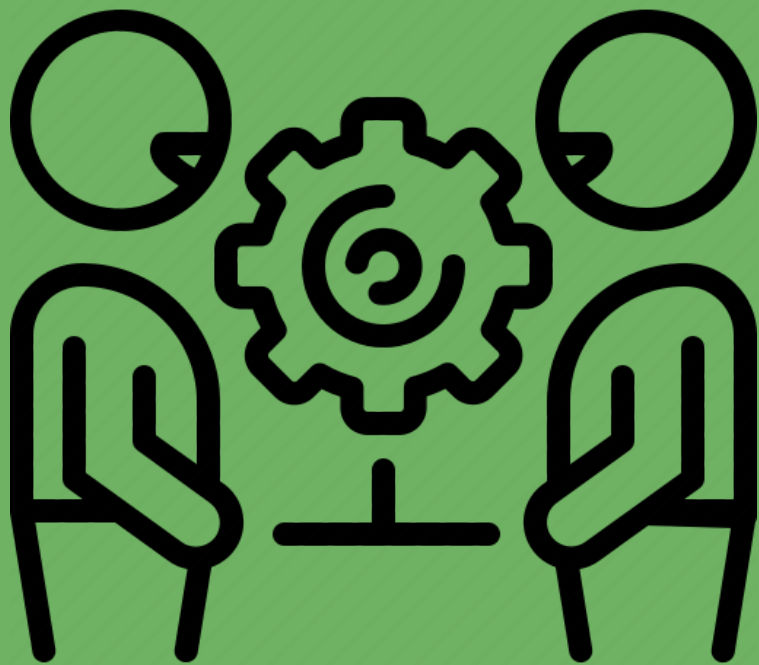
● Volunteer Opportunities

- Volunteering at food shelters
- Creating community gardens
- Hosting food drives

● Recruitment

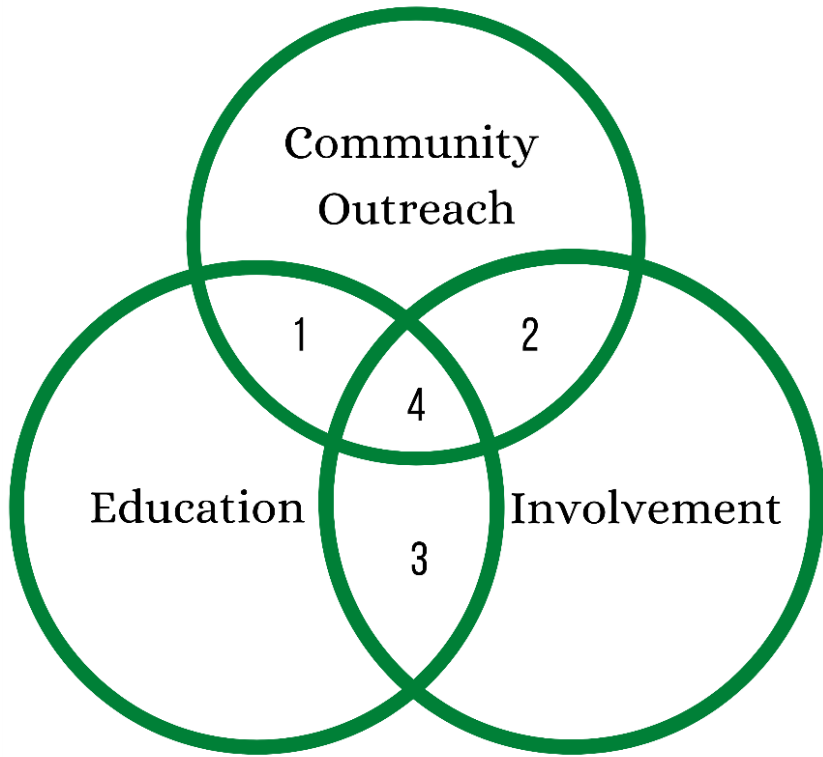
- Going into classrooms/promoting at school
- Reach out to 4-H local clubs and other organizations
- Organize a youth service advisory council and post volunteer opportunities online





Youth Leadership

- Youth become inspired to get involved and be leaders in their own communities
- Students learn how they can be the example
- Students can learn that leadership can be fun



1. Awareness, Eliminating Stigma
2. Volunteering/Recruitment, Community Gardens
3. Teens Teaching Teens, Youth Leadership
4. Creating awareness and unity among youth through nutrition mindfulness and advocacy

In Conclusion

- A national youth committee could encourage further progress and collaboration between parties interested in increasing nutrition security
- Giving youth and their communities the tools to succeed through education, empowerment, and engagement

Thank You!

Promising New Measures to Assess Aspects of the Food Insecurity Experience



RESEARCH * PARTNERSHIP * EVALUATION

Eric Calloway, PhD, Leah Carpenter, MPH, Tony Gargano, MPH, Julia Sharp, PHD, Amy Yaroch, PHD

Webinar Date: Tuesday, August 30, 2022 at 1 to 2 pm ET (Save the Date Forthcoming)

Questions about the measures: ecalloway@centerfornutrition.org

URL: www.centerfornutrition.org/food-insecurity-measures [*NOTE: currently under construction*]

Household Resilience

Measures of the factors that make a household resilient to household-level financial shocks (e.g., job loss, high unexpected bills) that are risk factors for food insecurity.

Perceived Availability, utilization, stability

Measures of household perceptions of food availability, barriers to making a healthful meal, and time component of food security.

Nutrition Security & Dietary Choice

Measures of household ability to acquire foods that are good for their health and well-being and meet preferences.