



The Northeast Iowa Food and Fitness Regional Youth Leadership Team

Roles of Regional Youth Leadership Team:

It is expected that each school will identify two members to serve on the Food and Fitness Regional Youth Leadership Team. At least one of these representatives, if not both, will attend regional youth team meetings on a quarterly basis.

The youth serving as school representatives on the FFI Regional Youth Leadership Team should have the following characteristics:

- Positive role model for youth and adults
- Leadership potential
- Excellent verbal communication skills
- The ability to listen without placing judgment
- Willing to work cooperatively with adults
- Ability to see the big picture
- Can-do attitude for policy advocacy and change in the areas of good nutrition, local food systems, and active living

Specific responsibilities of the Regional Youth Team members include the following:

- To be a liaison between the regional youth leadership team and the school-based youth team.
- To be active representatives for your school's FFI team.
 - Participate in all regional youth meetings and activities
 - Share, discover, and shape policy related to good nutrition, local food systems and active living.
- To educate school team members with skills and knowledge learned through participation on regional team.
- To help plan, implement and evaluate the annual school-based youth teams' conference.
- To develop strong youth-adult partnerships with the regional school workgroup members.
- To be an active participant in the county FFI team and to promote participation of school team members on the county FFI team.

Timeline:

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| September | Food and Fitness Regional Youth Leadership Team Retreat (20-36 youth) |
| October | Overall FFI Conference with Adults Youth Teleconference |
| November/December | Regional Youth Team meets with Schools Workgroup |
| November | School Teams Youth Conference (125 youth) |
| Jan/Feb/March | Regional Youth Team meets with Schools Workgroup |
| April | Regional Youth Team Meeting |