

## Food and Fitness Youth Workgroups Function and Organization

### Roles of Regional Youth Leadership Team (each school sends two reps):

- 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.

### Roles of School-Based Team Members (each school sends 3 reps to county team):

- To educate students and staff about good nutrition, local food systems, and active living.
- To assess current reality related to good nutrition, local food systems, and active living.
- To use data to develop educational strategies
- To use data in advocating for policy changes
- To promote good nutrition, local food systems, and active living throughout the district and community.
- To model good nutrition and active living in your daily life
- To communicate and share with other school-based teams.
- To develop strong youth-adult partnerships with school staff, boards of education, and other stakeholders.

