

## **Nutrition Youth Advisory Panel**

### **Information Letter**

The Alberta Health Services (AHS) Child and Youth Target Population Working Group (led by Nutrition Services) is looking for youth aged 15-19 years (in grades 10, 11, or 12 for the upcoming school year) to participate in a Nutrition Youth Advisory Panel (NYAP). The NYAP will be asked to participate in discussions around planning resources aimed at improving their eating habits. We hope to be able to enhance the quality and relevance of resources targeting youth, and offer youth the opportunity to contribute to the decision-making processes that impact their lives.

#### **Benefits of Participation:**

- Develop leadership skills
- Network with other youth throughout Alberta
- Enhance and expand participants' resumes
- Gain valuable volunteer experience

#### **Nutrition Youth Advisory Panel criteria:**

- In grades 10, 11, or 12 for the upcoming school year and attending high school in Alberta
- Interested in nutrition and health
- Interested in leadership
- Available to participate in a 1.5-2 hour meeting per month
- Represent Alberta's diversity
- Be from different parts of the province

#### **Commitment:**

- Meetings will be held monthly (September – April)
- Meetings will be held after school (day and time to be finalized by members)
- Meetings will be held virtually via online meeting
- Maintain regular e-mail contact with NYAP members
- Membership terms will be a minimum of 1 year

We recognize the importance involving youth in initiatives that are for them. We are interested in learning from youth the best ways to reach them and help them make healthy food choices.

#### **Interested youth are encouraged to contact us at:**

[nutritionyouthadvisory@albertahealthservices.ca](mailto:nutritionyouthadvisory@albertahealthservices.ca)