

## Nutrition Youth Advisory Panel Information Letter

Alberta Health Services, Nutrition Services is looking for youth to participate in a Nutrition Youth Advisory Panel (NYAP). The NYAP will review and discuss resources aimed at improving eating patterns of youth. We hope to enhance the quality and relevance of resources targeting youth and offer youth the chance to contribute to 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
- From different parts of the province, with no more than 3 members from any school

### **Commitment:**

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

We recognize how important it is to involve youth in initiatives that are for them. We are interested in learning from youth the best ways to reach and support them.

**If you are interested, please contact us at:**

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