

Nutrition Youth Advisory Panel Year End Report

2025-2026

This report was created by the members of the Nutrition Youth Advisory Panel.

► Purpose

Promote healthier eating habits among youth across the province.

Innovate new ways to implement and advocate for a nutritious diet.

Involve youth in fostering a more nutritious environment for the community.

Develop engaging and accessible educational resources and tools for youth.

Discuss potential barriers to eating well.

► Who We Are

16
High School
Students

3
Registered
Dietitians

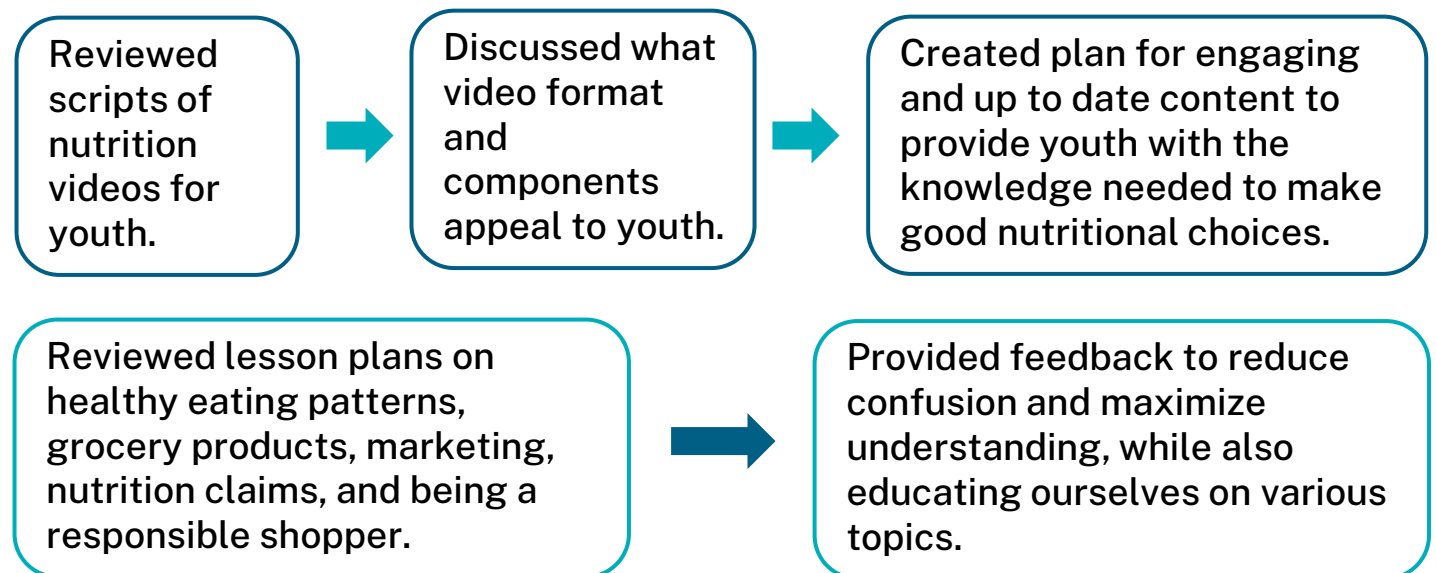
1
Dietetic
Intern

From Across Alberta

► What We Did

- Helped develop and improve youth-focused nutrition resources.
- Shared ideas, discussed current nutrition trends, and identified challenges that youth face when trying to maintain healthy eating habits.
- Worked closely with registered dietitians and a dietetic intern to ensure that content was accurate, relatable, and easy for youth to understand.
- Identified gaps in existing nutrition education and suggested new topics and approaches that would better connect with youth.
- Worked as a sounding board for dietitians, giving a youth perspective on how to make advice more practical.

► Results/Highlights



► What We Learned

- Deepened understanding of nutrition, including its impact on daily life, long-term health, and decision-making.
- Gained awareness of how habits, culture, media, and environment influence youth food choices.
- Developed insight into barriers to healthy eating (e.g., access to reliable information and supportive environments).
- Enhanced ability to apply nutrition knowledge, including Canada's food guide, to personal choices.
- Strengthened communication, teamwork, and critical thinking skills through collaboration and group discussions.
- Increased confidence in sharing ideas, speaking up, and advocating for youth perspectives.

► Our Experiences

“...a **meaningful** opportunity to work alongside **like-minded peers who cared** about youth health and nutrition...”

“..the most notable part was being able to **visualize common misconceptions** surrounding nutrition, as well as **collaboration** with fellow like-minded students...”

“...this experience has **reinforced** my belief that young people are **not just the audience for change** — we are **capable** of **shaping** it”

“...**felt rewarding** to contribute to work that could actually **reach students in practical ways**...especially **valued** the chance to **collaborate, exchange ideas, and learn** from different perspectives across the group.”

“To **any** young person **interested** in gaining insight on and feeling heard regarding daily life choices and health-related topics, the **Nutrition Youth Advisory Panel** might **offer just what you are looking for and more.**”

► Recommendations

- Provide more opportunities for **group projects** throughout the year to **promote discussion** and **collaboration** amongst members.
- **Increase outreach** and **advertising** in high schools to **build** more **awareness** about the Nutrition Youth Advisory Panel.
- Host an **in-person event** to **encourage participation** and **foster connections** between members of the panel.