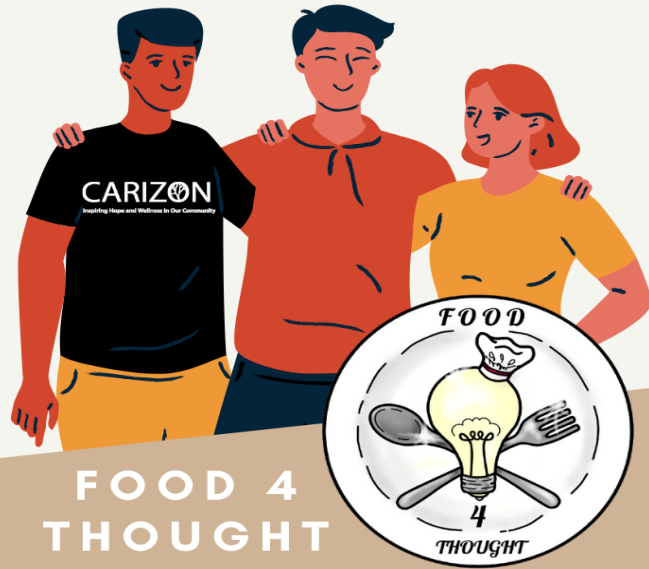


President's Choice Children's Charity Food and Nutrition Projects

KITCHENER

Carizon Family & Community Services

"Through the Pathways Program, I've been able to connect in a more natural healing way and make my own connections into the community."



FOOD 4 THOUGHT

This year, the Pathways program in Kitchener hired youth hosts, who came up with events and activities for other youth in the Pathways program. These events included food and nutrition checkpoints. In addition, youth hosts did side by side social media commentary on the cooking videos produced with last year's Food 4 Thought program, building on the work that was already done.



"One of the goals was to create peer connections between youth hosts and participants around food. This increased opportunities for youth to see their peers in leadership roles and to feel connected to the activity. It also helped with planning to ensure youth voice was being incorporated."



EVALUATION TOOLS

Youth participants (4) from the CARIZON Pathways Program location in Kitchener filled out the quantitative modules.

Youth (5) were also interviewed in a focus group with the SCC in order to get a better idea of their experiences participating in the project.

Finally, facilitators filled out the **cup of coffee** questions to discuss their facilitation experiences.

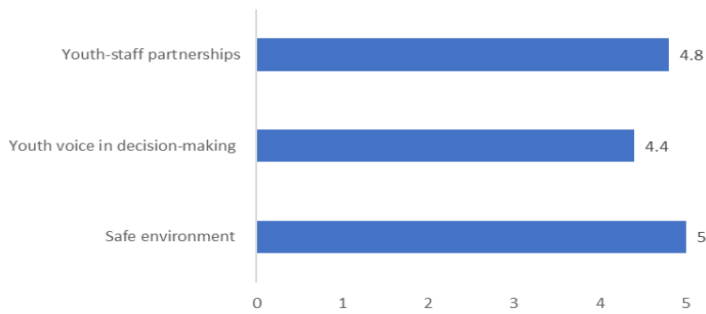
They answered questions about:
Youth Engagement Qualities, Healthy Living



RESULTS

YOUTH ENGAGEMENT

Youth Engagement Qualities

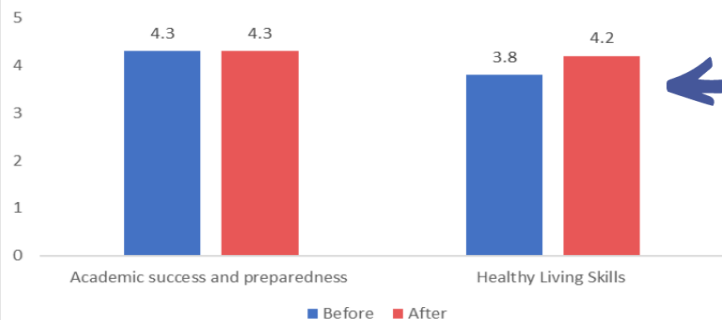


Scale from 1 "strongly disagree" to 5 "strongly agree"

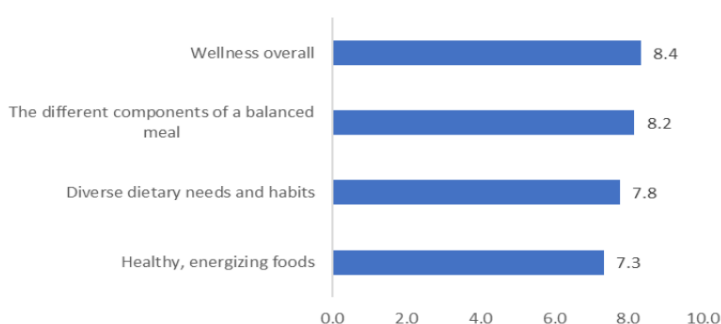
- Participants reported that their voices were heard and taken into consideration and that there were high levels of mutual respect between youth and staff throughout the project experience.
- Participants reported feeling safe, included, and welcomed. They value the friendships that were formed.

Scale from 1 "strongly disagree" to 5 "strongly agree"

Healthy Living



Health Knowledge



Scale from 1 to 10

FOCUS GROUP

TEAMWORK

LEADERSHIP

COMMUNITY
CONNECTIONS

SELF
GROWTH

"I feel like I've grown to be a better person overall. More well rounded. And I feel like more connected into my community through this, Through my job here, which is something I was kind of missing"

HEALTHY LIVING

- The results suggest that youth gained healthy living skills following the program. This indicates that the program inspired youth to lead a healthier lifestyle.
- Participants' academic success and preparedness remained consistently high throughout the program.
- Youth gained knowledge on healthy eating habits, such as the different components of a balanced meal.



CONCLUSION

Youth in Kitchener gained knowledge about food and nutrition but most importantly, they learned to collaborate on a youth led project and gained a better understanding of cultural aspects of food.