Cultivating the Next Generation:
Stories from a Successful Youth Engagement Model

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Overview:

• What is Urban Roots?
• Youth Development Framework
• Progressive Program Model
• Youth Experience
• Partner Experiences
• Q&A
What is Urban Roots?

• Mission is to build vibrant, healthy communities through food, conservation & youth development
• East Side of St. Paul
• 46 year-old non-profit
• Paid internship opportunity
Programs of Urban Roots

- 3 core programs
- Summer and academic year
- All crews do hands-on action projects and community outreach
Programs of Urban Roots-
Market Gardens
Programs of Urban Roots - Market Gardens
Programs of Urban Roots-
Cooking & Wellness
Programs of Urban Roots - Cooking & Wellness
Programs of Urban Roots - Conservation
Programs of Urban Roots - Conservation
Programs of Urban Roots - Enrichments

College Visits

Fun Trips

Career Exploration
Programs of Urban Roots - Youth Council
Youth Development Framework

• Learn
• Navigate
• Thrive
• Contribute
<table>
<thead>
<tr>
<th>SUCCESSFUL! YOUTH...! (longterm)</th>
<th>URBANROOTS’OUTCOMES! (mediumterm)!</th>
<th>INITIALOUTCOMES! (shortterm)!</th>
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| **LEARN**                     | Youth and community members engage in experiential learning around:  
|                               | - Cooking and wellness;  
|                               | - Conservation;  
|                               | - Sustainable agriculture  
|                               | - Entrepreneurship (interns only)  
|                               | Community members (school-aged youth and adults) are actively engaged in learning.  
|                               | Youth gain skills and knowledge around:  
|                               | - Cooking and wellness  
|                               | - Conservation  
|                               | - Sustainable agriculture  
|                               | - Entrepreneurship  
| | Youth are aware of careers in the fields of cooking and wellness, conservation, sustainable agriculture, and entrepreneurship.  
| | Youth develop knowledge about occupations in cooking and wellness, conservation, sustainable agriculture, and entrepreneurship.  
| **NAVIGATE**                  | Youth demonstrate 21st century employment skills.  
|                               | Youth develop workplace skills around initiative and attitude, setting and meeting goals, and problem solving.  
|                               | Youth develop interpersonal skills around social awareness, verbal communication, and collaboration.  
| **CONTRIBUTE**                | Youth are stewards of their communities and environment.  
|                               | Youth engage in and lead through meaningful community work experiences, education, and internships.  
|                               | Youth consider the implications of their actions on community members and the environment.  
| **THRIVE**                    | Youth experience positive relationships and a sense of belonging.  
|                               | Youth develop positive, sustained relationships with caring adults and peers.  
|                               | Youth develop healthy living skills, behaviors and attitudes around: nutrition, physical activity, and interaction with the natural world.  
|                               | Youth have future aspirations including post-secondary educational expectations.  
| | Youth experience healthy, active living.  
| | Youth are determined, persistent and have future aspirations.
Progressive Program Model

• System of advancement crews
  • Seed Crew- 1st year
  • Gro Crew- 2nd year
  • HarveSTAR- 3+ years application
Youth Experience
Favorite Part of Work

Cooking for groups

Working with others

Selling produce
New Opportunities

New ingredients

Working in community
Exposure to Careers

Chef

Land manager

Beekeeper

Water tech
Working with Younger Kids

Always surprising!

Different experience
Skills Learned

Knife skills
Public speaking
Partner Experiences

• Cooking Classes
• On-Site Gardens
• Off-Site Gardens
Cooking Classes

- Kids more willing to eat what they’ve made
- Provide an experience that many schools can’t
- Communication is key
Cooking Class Challenges

- Classroom management
- Space and equipment needed
On-Site Gardens

- Urban Roots staff involved in all aspects of garden
- Deeper student involvement
- Seed to plate
On-Site Gardens
On-Site Gardens
On-Site Gardens
Off-Site Gardens

• Urban Roots garden less than half mile to schools
• Urban Roots manages garden year-round
• School groups walk to garden site
Garden Challenges

• Building initial relationship
• Limited time with students
• Coordinating schedules with schools
• Vandalism
• Weather
• Time consuming to implement
Tips for Engaging Youth

• Give youth choice
• Let them explore their own interests
• Do taste tests
• Variety in activities
• Hands on experiences
• Group work
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Questions?