TEENS BELIEVE ACCESS TO HEALTHY FOOD IS A BASIC HUMAN RIGHT

And 4-H youth want to help solve the food crisis in the wake of COVID-19

Even before the current food crisis, for many, the decision to eat healthy food versus junk food wasn’t always a matter of choice but one of access and necessity

84% of teens say, “junk food is too accessible”

68% say they satisfy their hunger with junk food because it’s more accessible to them at school than healthy food

88% of teens believe that “access to healthy food is a basic human right”

66% of teens are spending more time deciding what they want to watch on Netflix and YouTube, than thinking about what they eat

4-H Teens Making a Difference

Florida
Hunter created a fresh produce box business that connects farms with surplus crops to consumers, moving 500 boxes in his second week

Louisiana
Garrett came up with the idea for “Blessing Boxes,” which are small, self-sustaining food pantries to serve the community, especially with the onset of COVID-19

Illinois
Erin adapted her nutritious food delivery plan to deliver eight meals each week directly to students at their homes during COVID-19

Georgia
Janya serves as the garden manager and teacher for a community garden working to provide free produce to fight obesity and meet the nutrition-related needs of her community

Teens are craving healthier options for all

Most wish there were healthier food options in their community (74%) and at home (69%), while 1 in 4 reported having to drive 30 minutes to buy groceries (25%)

Teens want to be active participants in solving the food crisis

A majority said they would like to or have:

75% Donated money

72% Volunteered at a community garden

55% Volunteered to cook in a school cafeteria

The survey, which polled over 1,500 youth between the ages of 13-19 nationwide, was commissioned by National 4-H Council and conducted by The Harris Poll as part of the 4-H Healthy Habits Program. The program launched in 2012 and has reached more than 1 million youth from across the country with nutrition education and physical activity, with an intentional focus on populations who face challenges in achieving positive health outcomes.