

## Who can I ask to be involved?

Participants will get involved for many reasons:

Examples are:

- Their community is important to them
- These are their issues and they believe they may contribute to make a difference.
- They expect positive outcomes
- Their vision of a better community.

Participants will need to have at least:

- Some knowledge, interest, and/or issues about healthy beverages.
- Something they can identify within their community and a feeling they can contribute to make a difference.
- Willingness to get involved and participate.

How do I enlist participants?

- Attend a community committee meeting that has been set.
- Explain why you want participants involved and the purpose of your meeting.
- Keep a list of names and addresses as you build your list of participants.
- It is sometimes easier to ask people you already know and get them involved to increase your participation.
- Recruit participants from: community members, tribal leaders, health care providers, parents, teachers, school board members, churches, agencies and organizations, senior programs, health care facilities, and youth groups.

Ground Rules for meetings:

- Remember, all opinions, ideas, and beliefs are worthy.
- Keep on agenda.
- Listen, appreciate, and show consideration for others.
- You have a right to disagree without expressing judgment.
- Strive to reach agreement.
- Start and end on time.