

Healthy Eating Messages for Schools

Contest: To celebrate Nutrition Month and Education Week, the Departments of Education & Health and Community Services invite your school's participation in a Healthy Eating Messages Poster Contest.

Contest Details:

- Purpose: To provide students an opportunity to generate healthy eating messages to encourage healthy food choices in school.
- Poster Size: 11 X 14
- Content: The poster should contain text and graphics to motivate students and staff to make healthy food choices at school.
- Contest Entrants: Groups of students are invited to develop the contest entry. The group may be a class, a grade level, a Living Healthy Team, etc.
- Number of Entries: Participating schools are invited to submit one entry per category as outlined.
- Brief Summary: The entry must include a one page summary outlining how the \$500 prize money would be used to promote healthy eating in your school.
- Ideas to build on:
 - New School Food Guidelines www.livinghealthyschools.com
 - Nutrition month theme: **Cook it up Healthy** www.dietitians.ca
 - Education week theme: **Live Healthy, Learn Well** www.nlta.nl.ca

Prize Categories: Grade K – 6, one \$500 winner per School District
Grade 7 – 9, one \$500 winner per School District
Grade 10 – 12, one \$500 winner per School District

Contest deadline: March 30, 2007

Entry Submission:

- Please submit the entry(s) to the School Health Promotion Liaison Consultant at your School District office.
- On the back of the entry(s) please include: group name; grade category; school; school district
- All entries become the property of the sponsors and may be reproduced in poster form for our schools