

EAT SMART. PLAY HARD. Together

On the Move to Better Health 2016 Statewide Poster Contest Announcement and Rules

Definition

A poster is defined as a bill or placard, especially one that is decorative or pictorial, that's for posting, often in a public place.

Program Sponsors

Extension Nutrition,
Food Safety and Health,
North Dakota Academy
of Dietetics and the
Center for 4-H Youth
Development



NDSU EXTENSION
SERVICE

Goals and Objectives

1. To develop an educational poster to educate and promote the idea of living a heart- healthy lifestyle.
2. Educate others, both youth and adults, throughout North Dakota about the importance of staying safe in the sun.

Theme (required)

Participants must choose an appropriate subject/theme that directly relates to staying safe in the sun.

This could include importance of physical activity, wearing sunscreen, a hat, sunglasses and not going to tanning booths.



Contest entrants may benefit from exploring the resources at these web sites for background information:

www.ndsu.edu/eatsmart
www.ndcancercoalition.org

Contest Guidelines

- The contest is open to any youth ages 8 to 19 (as of Sept. 1, 2015).
- Age is based on the 4-H age (age as of Sept. 1, 2015).
- Posters will be judged in two age divisions: preteen (ages 8 to 12) and teen (ages 13 to 19).
- The technical guidelines must be met.
- Any poster that does not contain the educational theme will be disqualified.
- Posters will be judged on how well they present information about sun safety

and how well it imparts the importance of healthy lifestyles to others.

- Final judging and selection of winners will be made by the Poster Committee, whose decision is final.
- All entries become the property of NDSU and the NDSU Extension Service, and may be displayed, published or used as they see fit.
- Posters will not be returned.

Technical Guidelines

- Posters must not exceed 22 inches by 28 inches.
- Posters can be made using construction paper, poster board or tag board.
- No three-dimensional posters will be allowed.
- Copyrighted characters (such as Snoopy, Charlie Brown or cartoon characters) cannot be used.
- This contest is for individual competition.
- Secure submission coversheet form to the back of the poster.
- All entries must be postmarked by March 15, 2016. NDSU is not responsible for any damage to entries.



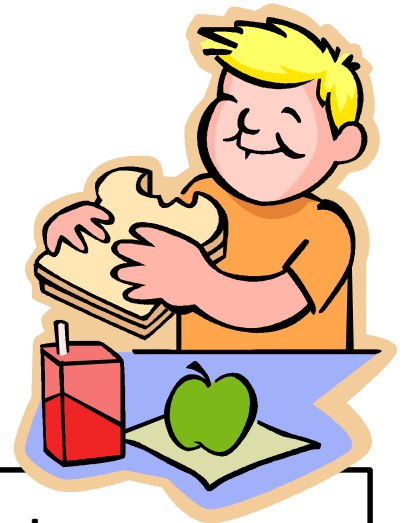
Awards



All participants will receive a certificate of recognition and a small prize.

Prizes awarded in the two age divisions (preteen and teen) will be as follows:

- 1st Place: \$50
- 2nd Place: \$35
- 3rd Place: \$15



Mail or hand deliver entries by:

March 16, 2015

to:

Center for 4-H Youth Development,

**Attn: Eat Smart. Play Hard. Poster Contest Entry FLC 219,
NDSU Dept. 7280, P.O. Box 6050, Fargo, ND 58108-6050**

Eat Smart. Play Hard. is an initiative of the U.S. Department of Agriculture's Food and Nutrition Service.

For more information on this and other topics, see: www.ag.ndsu.edu or visit www.ndsu.edu/eatsmart

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701)231-7708. This publication will be made available in alternative formats for people with disabilities upon request.