

# Healthy Eating Art Contest



The goal of the contest is to engage the power of art to highlight your connections to healthy food at school, from breakfast programs and edible school gardens to your own lunch box. **Selected designs will inspire the card design for the Nourish Show Your Teacher You Care Campaign** and may be featured on the Nourish Nova Scotia website ([www.nourishns.ca](http://www.nourishns.ca)), communications and in other media.

Artwork must be the contestant's original creation (hand-drawn, painted, or other media such as photography or computer generated artwork). Building on Dietitians of Canada's Nutrition Month™ 2018 theme: *Unlock the Potential of Food*, your artwork should demonstrate **healthy eating and how it helps unlock your potential: How does eating healthy help you do well in school, grow, play, think?** If applicable, artwork should incorporate diversity, i.e. culture, race, gender, age, ability.

School based healthy eating programs are about more than just feeding children – they contribute to students' overall well-being in many ways including:

- improving nutritional status and supporting healthy living through healthy food choices
- relieving stress in students who may worry about being nourished in the morning
- helping students to be more attentive and energetic learners
- providing an important social element by bringing students together for a common meal
- providing opportunities for student leadership to build self-esteem, discover a sense of belonging and giving back to the school community
- allowing staff and adults to engage with youth in a positive way outside the classroom
- developing food knowledge and skills so students can make healthy choices and feed themselves well into a healthy future

The contest is open to all Nova Scotia students in grades pre-primary to twelve. Only one entry per child will be accepted, however multiple entries may be mailed/email together (be sure the artwork and entry forms are clearly paired). All entries must include artwork along with a completed entry form signed by a parent or guardian.

**Extended Deadline: Submissions due by Thursday, March 29, 2018**  
and should include a completed entry form (reverse of this page).

Email a good quality photo of your art and a photo of the completed entry form to  
**janice.macneil@nourishns.ca**

or

Mail your original artwork and completed entry form to  
**Nourish Nova Scotia  
580 Rocky Lake Drive  
Bedford NS B4A 2T6**

Original artwork will be returned to students only if requested. All entries may be displayed publicly on the Nourish Nova Scotia website, other media, promotional material and cards.

## Prizes

All completed entries will be entered into a draw to win one of three \$50 gift cards for art supplies.



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## Entry Form

Name of Student \_\_\_\_\_

Home Telephone Number \_\_\_\_\_

Home Email Address \_\_\_\_\_

School Board \_\_\_\_\_

Name of School \_\_\_\_\_

Grade Level and Teacher \_\_\_\_\_

Tell us something about your art:  
How does healthy eating help you unlock your potential?  
Why is it important to eat healthy?

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## Student Artwork Release

I hereby consent to my artwork to be displayed publicly, used on the Nourish Nova Scotia website ([www.nourishns.ca](http://www.nourishns.ca)), in other media and to inspire the next cards for Nourish's end of school year *Show Your Teacher You Care Campaign*. I understand there may be alterations made to the artwork to make it appropriate for usage. I also understand that the artwork may be used by Nourish Nova Scotia for the purpose of promoting healthy lifestyles and healthy school communities.

\_\_\_\_\_  
*Signature of Student*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Name of Parent/Guardian (if student is under 18)*

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*Signature of Parent/Guardian (if student is under 18)*

If you have any questions about the Healthy Eating Art Contest, please contact Jan MacNeil, Manager, Administration and Development, Nourish Nova Scotia at [Janice.macneil@nourishns.ca](mailto:Janice.macneil@nourishns.ca) or 902-456-8412.