



Network for a Healthy California

Essay Contest 2010: Why Eat Harvest of the Month Fruits and Vegetables?

The *Network's* goal is to promote healthier lifestyles for Tulare County families by eating more fruits and vegetables and increasing physical activity. Fourth and fifth grade students are invited to share the reason they think people should eat Harvest of the Month (HOTM) fruits and vegetables.

Here are some ideas to get you started on the essay:

- HOTM produce items are California grown--purchasing and eating them support our farmers
- HOTM produce is in season during the month featured--produce is at its best taste, quality and nutritional value when eaten in season
- HOTM fruits and vegetables offer a variety of colorful produce to enjoy—eat a rainbow of colors
- Produce is affordable when purchased in season—you can afford to eat healthy

In partnering with students we want to develop each participant's knowledge and understanding of the wide variety of fruits and vegetables that are available to us in the Central Valley.

The contest rules include:

1. The contest is open to 4th and 5th grade students.
2. All entries must have a completed essay contest form (see form below).
3. All entries must be received no later than 5:00 pm on Friday, April 23, 2010.
4. All entries must be handwritten or typed on 8 1/2" by 11" white paper.
5. No more than one entry per student.
6. Each essay must be written in English, be a minimum of 300 words and a maximum of 500 words.
7. Each essay must answer the question, "Why Eat Harvest of the Month Fruits and Vegetables?"

One grand prize winner will receive a gift card in the amount of \$50. Second prize winner receives a gift card in the amount of \$30 and the third prize winner receives a gift card in the amount of \$20.

Essays must be submitted no later than 5:00 pm on Friday, April 23, 2010. All entries must be mailed to School Health Programs, 7000 Doe Avenue, Building 700, Visalia, CA 93291. If you have further questions regarding the essay contest please contact Nani Rowland 651-0130 Ext. 3720 or nrowland@tcoe.org

Network for a Healthy California
Essay Contest 2010: Why Eat Harvest of the Month Fruits and Vegetables?
Essay Contest Form

Student's name: _____ Grade: _____

School: _____ Teacher: _____

Essay Title: _____

Parent's Signature: _____

By signing this I understand that the essay may be used by representatives of Tulare County Office of Education (TCOE). TCOE *Network for a Healthy California* has the parent's permission to copy, exhibit, publish, distribute, and/or reproduce the winning essays. Winners will be announced and prizes awarded at their respective schools by Friday, May 7, 2010.

This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.