



Tulare County Office of Education

Jim Vidak, County Superintendent of Schools



Network for a Healthy California

Essay Contest 2011: 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:

- Harvest of the Month (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, May 13, 2011.
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, May 13, 2011. All entries must be mailed (or can be emailed as an attachment) 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

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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 school awards assemblies on or before Friday, May 20, 2011.

For important nutrition information visit www.cachampionsforchange.net. Funded by the USDA SNAP, known in California as CalFresh (formerly Food Stamps), an equal opportunity provider and employer. For CalFresh information, call 1-877-847-3663.
Grade Four Writing Applications 2.1 Write narratives: Relate ideas, observations, or recollections of an event or experience. Provide a context to enable the reader to imagine the world of the event or experience. Use concrete sensory details. Provide insight into why the selected event or experience is memorable.
Grade Five Writing Applications 2.4 Write persuasive letter or compositions. State a clear position in support of a proposal. Support a position with relevant evidence. Follow a simple organizational pattern. Address reader concerns.