

North Dakota State University Extension Service  
Center for 4-H Youth Development and  
the Department of Health, Nutrition and Exercise Sciences

# EAT Smart. PLAY Hard.™

## Bank on Strong Bones!

### 2007-08 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.*

#### Goals and Objectives

1. To develop an educational poster to educate and promote the idea of living a healthy lifestyle
2. Educate others, both youth and adults, throughout North Dakota about the importance healthy food choices and regular physical exercise, with a focus on healthy bones

Contest entrants may benefit from exploring the resources at these two Web sites for background information:  
[www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)  
and  
[www.mypyramid.gov](http://www.mypyramid.gov).

#### Contest Guidelines

- The contest is open to any youth ages 8 to 19 (as of Sept. 1, 2007).
- Age is based on the 4-H age (age as of Sept. 1, 2007)
- 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.
- Posters will be judged on how well they present information, their general appearance and their importance to the education of others about healthy lifestyles.
- Any poster that does not contain an educational theme will be disqualified.

#### Topic

Participants must choose an appropriate subject/theme that directly relates to eating calcium-rich foods and/or playing hard to build strong bones.

Eat Smart. Play Hard. is an initiative of the U.S. Department of Agriculture's Food and Nutrition Service. It's about making America's children healthier, with practical suggestions to motivate children and their caregivers to eat a healthy diet and be active. The Eat Smart. Play Hard. campaign messages and materials are fun for children and informative for caregivers.

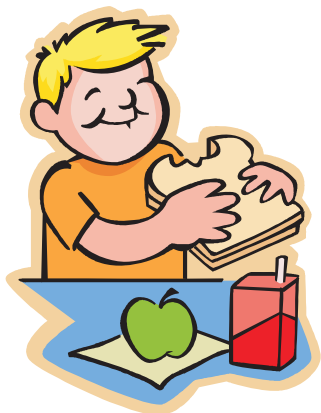
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Center for  
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North Dakota State University



- 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. No posters will be returned.

**Mail entries by April 11, 2008 to:**

Center for 4-H Youth Development  
Attn: Eat Smart. Play Hard.  
Poster Contest Entry  
219 FLC  
Fargo, ND 58105

## Technical Guidelines

- Posters must not exceed 22 inches by 28 inches.
- Posters can be made using construction paper, poster board or tagboard.
- 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 the cover sheet/submission form to the back of the poster.
- All entries must be postmarked by April 11, 2008. The Center for 4-H Youth Development is not responsible for any damage to entries.

## Awards

- All participants will receive a certificate of recognition.
- Prizes awarded in the two age divisions (preteen and teen) will be as follows:
  - 1st Place: \$50 cash
  - 2nd Place: \$35 cash
  - 3rd Place: \$15 cash



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**For more information on this and other topics, see: [www.ag.ndsu.edu](http://www.ag.ndsu.edu)**