



Nutrition Month™ Contest

Youth as Food Leaders

Nova Scotia youth are driving change in the food scene!
From becoming the next generation of chefs and farmers, to leading
food justice movements – your efforts do not go unnoticed.

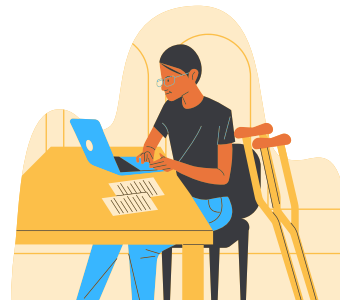
**Tell us what food means to you as a young person for your chance
to win awesome prizes!**

Two Ways to Enter



Artwork

Engage the power of art to
highlight your connection to food



Writing

Write (in 100 words or less)
what food means to you

Entries due by **Friday March 31, 2023**

**Completed submissions will be entered to win a custom local food
prize valued at \$100!**

Three Ways to Submit

Email: info@nourishns.ca

Online Form: <https://forms.office.com/r/7FVyBHDt6>

Mail: 301– 26 Union Street, Bedford NS, B4A 2B5



Contest Details

- Contest is open to all Nova Scotia learners in grades pre-primary to 12.
- All entries submitted by mail or email must be accompanied with completed entry form.
- Entries should be original content from the contestant.
- Only one entry per learner will be accepted, however multiple entries may be mailed/emailed together (ensure entry form + submission clearly paired).
- Original artwork to be returned to learners only if requested.

Entry Form

(for submissions via email or mail)

Name of Learner: _____

Telephone Number: _____

Email Address: _____

Name of School: _____

Grade Level and Teacher: _____

Skill Testing Question: $1 + 1 =$ _____

Release: I hereby consent to that the submission to be displayed publicly, used on the Nourish Nova Scotia website (nourishns.ca) and in other media.

Signature of Learner

Date

*Name of Parent/Guardian
(if learner under 18)*

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If you have any questions about the Nutrition Month Contest, please contact info@nourishns.ca.