



FOOD & FILM CHALLENGE DETAILS

Use this guide to help you, or those around you, submit a film!

2023 THEME:

FOOD

on the coast



What You Need to Know

1

Film challenge is open to all **school aged children and youth** residing in **Nova Scotia, Canada**

2

Films must be **3 minutes or less** in length

3

Individuals featured in films must have **provided consent** for public viewing

4

Films submitted in languages other than English are encouraged but must be **subtitled in English**

5

Films must be submitted to Nourish Nova Scotia by **May 30 2023**

Visit nourishns.ca/film-challenge for resources, activities and more!

Make a Movie – Planning

1

Plan your story using this year's theme, *Food on the Coast*. Here are some topics to explore with your film relating to food that can be found in or near water:



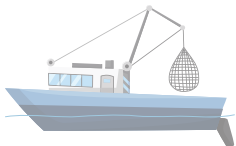
Family traditions, culture & heritage

Growing, catching or harvesting food

Cooking a favourite recipe



Transporting foods by water



FOOD
on the coast



Environment & sustainability

Activism about water and marine life

Find more inspiration at
oceanschool.nfb.ca

2

Choose your film type/genre—it can be action, comedy, drama, game show, mystery, animated or anything in between.

3

Bring your story to life! Use the storyboarding activity on the following page to map out ideas before you write your script.

Create a storyboard by sketching out and describing scenes or ideas in order. Use this storyboard as a guide when filming!

1	
	<i>What's happening in this scene?</i>

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Make a Movie – Filming

1

Choose a location (or multiple locations) to film. Use this checklist to prepare on filming day:

I will be filming: Inside Outside

- The filming location has good lighting and there is minimal background noise
- The actors are present, have provided consent, and are ready to be filmed
- I have my camera and all other necessary equipment (ex: props, a tripod, etc.)
- If filming outside, I am appropriately prepared for the weather (ex: umbrella, warm coat, etc.)

2

Now to film! Here are some tips to help the filming day run smoothly:



Find a flat, even surface to place your camera or tripod or ask a friend or family member to hold the camera.



Be aware of lighting and sounds around you, and remember to film on the highest quality setting. Decide where actors and props will appear on camera. Film a sample and watch it back to help you see if anything needs to be changed.



For each scene, film a few seconds after the actors have stopped talking or moving. These extra shots will help you create smoother transitions between scenes when editing.

Make a Movie – Editing

1

It's editing time! This is where you can cut scenes short, add music, pictures or other effects, or include a title and credits. Below are some free editing resources:

Video Editors



[iMovie*](#)



[Clips*](#)



[Video Editor**](#)



[Clipchamp**](#)



[Canva](#)



[TikTok](#)

**Available on Apple devices only*

***Available on Windows devices only*

Free-Use Media

Images

- [Canva](#)
- [Unsplash](#)
- [Burst](#)
- [Pexels](#)
- [Pixabay](#)
- [Free Images](#)
- [Life of Pix](#)
- [Flickr](#)

Video Clips

- [Pixabay](#)
- [Videvo](#)
- [Pexels](#)
- [Videezy](#)
- [Life of Vids](#)
- [Coverr](#)
- [Dareful](#)
- [Mixkit](#)

Music

- [ccTrax](#)
- [YouTube Audio Library](#)
- [Free Music Archive](#)
- [Jamendo](#)
- [Musopen](#)
- [SoundCloud](#)
- [Bensound](#)
- [AudioNautix](#)

Submission Checklist



Finalize film and save as .MOV or .MP4 file

If using TikTok to create your film, remember to add the title of your film to the description along with #NourishNS #FoodAndFilm2022 and tag us @nourish_ns.

Ensure the option "Save to Device" under "More Options" is activated before posting. As long as this option is selected, TikTok will save a copy of your film to your device. To properly submit your film, it must be sent directly to Nourish Nova Scotia using one of the methods listed below.



Fill out and submit the online entry form

Please note that the associated film will become the property of Nourish Nova Scotia and Devour! The Food Film Fest and may be published and promoted publicly.



Submit the film to Nourish Nova Scotia on or before the deadline of May 30, 2023

The film can be sent via email (info@nourishns.ca) or shared via Google Drive or WeTransfer link. If submitting through Google Drive, please ensure that the option "Anyone with the link can view" is selected.

We can't wait to see your film!