

POSTER CONTEST

4th - 6th Grade



Poster topics

4th Grade - *Eat Well*

Make a poster about your favorite healthy food and how it fits into a healthy, balanced diet according to *MyPlate*.

5th Grade - *Move More*

Make a poster encouraging others to be physically active for the recommended 60 minutes each day, featuring your favorite physical activity.

6th Grade - *Feel Better*

Make a poster encouraging others to speak out against bullying.

Guidelines for submission

- Poster: 11x17 poster on cardstock. Do not bend poster for final submission.
- The following mediums may be used: markers, crayons, paint, or colored pencils.
- Entries can be made by mail or by email (photo of the poster). The entry form must accompany the entry.
- If an email entry is selected for recognition the original poster will be requested.

Contest details

- Judging will be based on creativity, content accuracy and audience appeal.
- Submissions must be postmarked by May 19, 2017. Winners will be announced June 9, 2017.
- All entries will become property of Live Healthy Iowa Kids, Midwest Dairy Council, and partners.

Recognition

- The top 3 entries in each grade will be invited to attend an award ceremony with the Governor during the 2017 Iowa State Fair.
- Winners will receive a certificate of recognition signed by the Governor.

For more information:

(888)777-8881 ext. 118

IAGovActionAward@gmail.com



POSTER CONTEST - Application
4th - 6th Grade



Poster Title: _____

Brief description of poster:

Student Name: _____ Grade: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian Name(s): _____

Phone: _____ Email: _____

School Name: _____ Teacher Name: _____

Mark all those that you have been involved with in the past year:

- Fuel Up to Play 60
- Fall Fitness Day/Healthiest State Walk
- Go The Distance May
- Healthier U.S. School Challenge

Submit poster and entry form by **MAIL** to: Governor's Youth Action Award
(Must be postmarked by May 19)

Attn: Alyson Fendrick
101 NE Trilein Drive
Ankeny, IA 50021

OR

Submit by **EMAIL** to: IAGovActionAward@gmail.com
(Must be received by May 19)

