



## *Design a Poster for CSNA-NAC using the theme “School Nutrition Hero”*

### **Tips for Artists**

In years past, the strongest entries have usually been...

### **Simple and Clear**

Do not use details that are so small that they cannot be clearly reproduced

### **Colorful**

So they can be reproduced onto a t-shirt and other materials if selected as the winner

### **Drawn by hand**

As opposed to using a computer or a stencil

### **Carefully thought through**

By the artist so that the theme is used in a clear, unique, and interesting way

### **Contest Guidelines and General Information**

**The poster should reflect NAC members' responsibility to:**

- Work toward high nutrition standards in his/her school
- Bring about understanding and appreciation of school food service
- Become knowledgeable about good nutrition and promote healthy environments

All Students who participate in a CSNA NAC charter are eligible.

Three winners will be selected: one from grades K-4, one from grades 5-8, and one from grades 9-12.

Each entry must be accompanied by a completed and signed official entry form (see next page).

Each entry must be the student's original drawing on an 8 ½ x 11-inch sheet of white, unlined paper (plain white paper only: poster board is not allowed).

Poster design details must be clear and legible for use in various formats (letterhead, t-shirts, coffee mugs, posters, etc.)

The student's name, grade and school must appear on the back of the original artwork.

All entries become the property of CSNA

**One of the three winners will also be selected as The Grand Prize Winner!**

The Grand Prize winning artwork will be featured in Poppy Seeds magazine as well as the back of the official 2009-2010 NAC T-shirt!

**The Winners selected from each category receive:**

**A Commemorative Plaque  
NAC T-Shirt  
\$75.00**

**DEADLINE:** Artwork must be postmarked no later than **Friday, June 3, 2011.**

### **MAIL ENTRIES TO:**

Rachel Gekas, Assistant Director Child Nutrition Services  
San Lorenzo Unified School District  
15510 Usher Street, San Lorenzo CA 94580  
RE: NAC Art Contest

OFFICIAL ENTRY FORM  
2011-2012  
NAC ART CONTEST

*Design an official CSNA-NAC Poster,  
This Year's Theme is:  
"School Nutrition Hero"*

Mail this completed entry form with the student's artwork to NAC Chair Rachel Gekas (Guidelines for entries and mailing address on previous page.) Use one OFFICIAL ENTRY FORM for EACH PIECE of artwork submitted. Please make copies of this form as needed.

NOTE: All entries MUST be postmarked by: June 3, 2011  
Entries postmarked after June 3, 2011 are not eligible for competition.

*Please type or print the following information. All fields are required.*

Student's Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_

School Name \_\_\_\_\_ School Phone (\_\_\_\_) \_\_\_\_\_

School Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

NAC Advisory Name \_\_\_\_\_ NAC Advisor Phone (\_\_\_\_) \_\_\_\_\_

NAC Advisor Title \_\_\_\_\_ NAC Advisor email \_\_\_\_\_

NAC Advisor Signature \_\_\_\_\_ CSNA NAC Charter Number \_\_\_\_\_

**FOR INTERNAL USE ONLY-DO NOT WRITE BELOW THIS LINE**

.....  
Date Postmarked \_\_\_\_\_ Date Received \_\_\_\_\_

Circle Entry Category:    Grade K-4                      Grade 5-8                      Grade 9-12  
   Rating    4                      3                      2                      1