

# HEALTHY LIFESTYLES POSTER CONTEST

## **Objectives:**

The 4-H Healthy Lifestyles Poster Contest is designed to encourage 4-H members to:

1. Express their creativity through art form and color.
2. Develop a broader understanding of food, nutrition, health and physical fitness.

## **Rules and Regulations:**

1. Only one entry per 4-H member will be accepted.
2. Posters may be either horizontal or vertical. Horizontal posters are encouraged; avoid a square shaped poster.
3. Posters must be designed on a fixed to standard poster board 14" x 22" dimensions. Poster may be designed using water color, ink, crayon, acrylic, charcoal, oils or collage. It must not be three-dimensional.
4. Well-known cartoon figures - such as Snoopy, Orphan Annie, Charlie Brown, etc., cannot be used because they are copyrighted. Brand names of food cannot be used.
5. The 4-H member's name, social security number, age, address, and county, and a brief interpretive statement should be clearly written on a form and attached to the back of each poster in the upper left-hand corner.

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It is the policy of the Maryland Cooperative Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital or parental status, or disability.