



## "You CAN Eat Right When Money's Tight"



### RULES AND REGULATIONS:

#### Show us how you CAN eat right when money's tight...

- Draw a picture describing how "You CAN eat healthy and stay physically active when money is tight!"
- Use 11 x 17 paper (poster size) THINK BIG!
- Be creative and make your poster colorful. Use markers, crayons, magazine cut outs, and other creative outlets.
- The phrase "**You CAN Eat Right When Money's Tight**" must be on the poster and include name, age, address & phone number on the back of poster.

#### Eligible to Enter:

Youth grades Kindergarten through 8<sup>th</sup> (contest categories: K-2<sup>nd</sup>, 3<sup>rd</sup>-5<sup>th</sup>, 6<sup>th</sup>-8<sup>th</sup>)

**Winners:** Everyone is a winner! Each contestant will receive a gift upon entry.

First place and second place winners per age group will receive a prize presented at the Canned Creations Event on February 13, 2010.

**Winners Announced:** Feb. 13, 2010 from 11-1p.m. at the Coddington Mall

Posters will be featured in a Window Display at the Coddington Mall in conjunction with Canned Creations beginning Feb. 1st, 2010 through Feb. 21st, 2010

**Enter by:** Drop off or mail posters by Friday, January 22, 2010:

Children's Power Play! Campaign 1101 College Avenue Suite 215 Santa Rosa, CA 95404

#### Additional Rules and Regulations:

- *Children's Power Play!* must receive entries by Friday, January 22, 2010 to be eligible to win.
- Posters must be submitted on an 11 x 17 sheet of paper with the artist's name, age, address and phone number on the back.
- Winners will be notified by February 8, 2010.
- Entries become the property of the *Network for a Healthy California—Northcoast Region* and will not be returned



For more information, please contact Natalie Saenz at (707) 543-5810

[www.northcoastnutrition.org](http://www.northcoastnutrition.org)

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[www.cachampionsforchange.net](http://www.cachampionsforchange.net)