

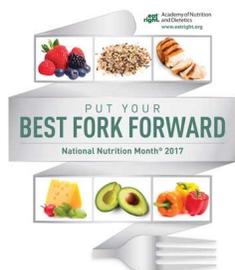
# National Nutrition Month®

## Art Contest

### *Put Your Best Fork Forward*

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

### *2017 NNM Theme*



"Put Your Best Fork Forward" is the theme for NNM 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future

It's really important to get the facts straight about proper nutrition and Telcom wants to help you spread the word to your communities. As you may already know **March** is **National Nutrition Month** and we're here to get the word out.

#### *Key Messages:*

1. Create an eating style that includes a variety of your favorite, healthful foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
4. Find activities that you enjoy and be physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs

Telcom wants to stay involved in your community, and in an effort to do so, we are promoting our **13th Annual Spring Art Contest** inviting the kids in your communities and of your employees to participate.

The specific details will be mailed out, but the premise is for kids (14 and younger) to draw something depicting anything related to nutrition awareness on an 8 ½ x 11 piece of paper and send it to Telcom by March 31<sup>st</sup> for the judging. Prizes are available and the winning entries may be used in our next marketing materials.

At Telcom, we want to be active members of your communities. We invite your participation and look forward to publishing the winning entries.

## **GENERAL GUIDELINES**

### **THEME:**

NUTRITION AWARENESS

### **PICTURE:**

8 1/2 X 11 PAPER

COLORFUL

### **AGE GROUPS:**

UNDER 8

8-10

11-14

### **PRIZES:**

\$100-1ST

\$ 75-2ND

\$ 50-3RD

## **DUE DATE**

**MARCH 31, 2017**

## **QUESTIONS??**

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