

National Nutrition Month

Art Contest

Nutrition...Personalize Your Plate

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. The USDA promotes nutrition and celebrates National Nutrition Month. See www.choosemyplate.gov for lots of resources.



2021 Theme: Personalize Your Plate

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! And a Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are. There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and

tastes! And a Registered Dietitian Nutritionist can tailor

As you may already know **March** is **National Nutrition Month** and we're here to get the word out.

Key Messages:

1. Cook and Prep: learn skills to create tasty meals to share and enjoy
2. Meal Planning: enjoy healthful eating at home (many of us are at home more now with the pandemic), school (if it's not virtual), and at work (if you don't telecommute)
3. Vary Your Diet: eat a variety of nutritious foods every day
4. Visit a RDN: see a registered dietitian nutritionist or your family doctor to help devise a plan that is specific to you and your dietary needs

Telcom wants to stay involved in your community, and in an effort to do so, we are promoting our **17th Annual Spring Art Contest** inviting the kids in your communities and of your employees to participate.

The premise is for kids in your community as well as staff members kids (14 and younger) to draw something depicting anything related to nutrition awareness on an 8 1/2 x 11 piece of paper and send it to Telcom by March 15th 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 15, 2021

QUESTIONS??

CONTACT:

MARILYN BLAKE

301-220-1085

MAB@TELCOMINSGRP.COM

TELCOM
INSURANCE GROUP

6301 IVY LANE, SUITE 506
GREENBELT, MD 20770

PHONE: 800-222-4664

FAX: 301-474-6196

WWW.TELCOMINSGRP.COM



**“Nutrition: Personalize Your Plate”
17th Annual Spring Art Contest
Entry Form**

Child’s Name: _____

Address: _____

Parent/Guardian’s Name: _____

Age of the Child: _____

Telecom Company Represented: _____

What is your picture about? _____

Parent/Guardian Signature: _____

All entries become the property of Telcom Insurance Group/TISC and may be used for communication/media known or hereafter developed for non-commercial and commercial use.

TELCOM INSURANCE GROUP

“Nutrition: Personalize Your Plate” 17th Annual Spring Art Contest

Send Entries To:

Telcom Insurance Group
Attn: Spring Art Contest
6301 Ivy Lane, Suite 506
Greenbelt, MD 20770

Contest Entry Rules:

- Must be 14 years old or younger and must represent a customer.
- All entries must be on a flat medium no larger than 8.5” x 11” and must represent some element of showing how you could Prevent Bullying and Promote Acceptance.
- The back of the picture must include: contestant’s name, parent/guardian’s name, age of the kid, and telecom company represented.
- All entries must be accompanied by an entrance form.
- All entries become the property of Telcom Insurance Group/TISC and may be used in any communications/media known or hereafter developed for non-commercial and commercial purposes. Pictures will not be returned unless specifically requested.
- Entries must be received at the Telcom office by **March 15, 2021**.
- Telcom staff members will be the judges of the contest and all decisions are final.
- Prizes are:
 - \$100 first place
 - \$75 second place
 - \$50 third place
- Age groups are:
 - Under 8
 - 8-10
 - 11-14

TELCOM INSURANCE GROUP

Telcom would like to give you a “stash” of a promotional item to distribute either to your elementary school and/or to your staff/customers who participant in our Spring Art Contest. Just let us know what quantity you’d like.

PLEASE RETURN REQUEST SHEET TO TELCOM BY MONDAY, MARCH 15TH.

Quantity

25

75

50

100



Fun with Nutrition Coloring & Activity Book w/Crayons

Telcom, please send to:

Company Name: _____

Attention: _____

Street/UPS Address: _____
