

4-H Healthy Lifestyles Sweepstakes Award

2011-2012

The 4-H Healthy Lifestyles Sweepstakes provides an opportunity for youth, volunteers and County Extension Agents interested an opportunity to work together for additional recognition at Texas 4-H Roundup.



Points for participation, and additional points for contest placing, will be given in the following healthy lifestyles related contests:

Qualifying Events

Nutrition Quiz Bowl

Food Challenge

Food Show

Focus on Health Educational Presentation

Open - Family & Consumer Sciences Educational Presentation

Invitational, Non-Qualifying Events

4-K for 4-H Walk & Run

Healthy Lifestyles Invitational

Recipe Rally

Qualifying Events:

- Points are awarded for teams (or individuals) participating and placing in the top ten of each healthy lifestyles contest.
- Participation Points: Counties will receive one point for each 4-H member participating in a healthy lifestyles contest.
- Placing Points: First place teams (or individuals) will receive 20 points, with a sliding scale used through 10th place (10th place will receive 11 points). **Note:** For the Nutrition Quiz Bowl, points will only be given to the top four placing teams, utilizing the same point value system used for all other qualifying events.

Non-qualifying Events:

- Participation Points: Only participation points will be given for the 4-K for 4-H Walk & Run. Placing points will not be awarded. Counties will receive one point for each participant (intermediate and senior youth, adult volunteers and CEAs) that completes the 4-K, with a maximum of 30 participation points awarded to a county.
- Participation Points: Counties will receive one point per 4-H member (intermediate and senior) entered in the 4-H Healthy Lifestyles Invitational with a maximum of 12 participation points awarded to a county. Counties will also receive one point per 4-H member competing in the “live” 4-H Recipe Rally at Roundup.
- Placing Points: Points will be awarded for senior teams and individuals placing in the top ten in the 4-H Healthy Lifestyles Invitational and top three in the Recipe Rally. For the invitational, first place senior teams/individuals will receive 10 points, with a sliding scale used through 10th place (10th place will receive 1 point). For the Recipe Rally, first place senior individuals will receive 10 points, with a slide scale used through 3rd place (3rd place will receive 7 points). Intermediates participating in the non-qualifying contests will not be given placing points toward the Sweepstakes.

Awards:

- The Healthy Lifestyles Sweepstakes Winner will be determined by the total number of youth participating, and subsequent rankings, in each of the healthy lifestyles contests.
- The county winning the Healthy Lifestyles Sweepstakes will receive a trophy, to be kept permanently.
- A traveling trophy will also be awarded and rotated among counties each year. This trophy will be retired when a county wins the Healthy Lifestyles Sweepstakes three times.
- The county winning the Healthy Lifestyles Sweepstakes will win \$200 to benefit the county 4-H program.
- The Healthy Lifestyles Sweepstakes Winner will be announced at the assembly on the final night of 4-H Roundup.
- In the event of a tie, the Sweepstakes winner will be determined using the following tie breakers: (1) total placing points, (2) total participation points, (3) total food challenge points (participation and placing).

4-H Healthy Lifestyles Sweepstakes Award



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content

to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to con-

vert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or

clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue,

for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

Volume I, Issue I

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Inside Story Headline

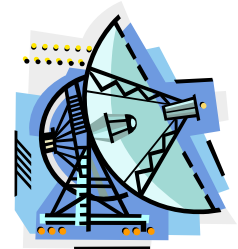
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texas 4-h & youth development

Primary Business Address Phone: 555-555-5555
Your Address Line 2 Fax: 555-555-5555
Your Address Line 3 E-mail: someone@example.com
Your Address Line 4



Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

**We're on the
Web!**
example.com

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter

a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good

place to insert a clip art image or some other graphic.