

## KEHA FOOD, NUTRITION, AND HEALTH CONTESTS AND AWARDS

### **Ovarian Cancer Financial Contributions (Yearly)**

- This information is submitted via the dues remittance form due Dec. 31.
  - A gift card will be awarded to the county with the largest amount overall.
  - A gift card will be awarded to the county with the largest amount per member.
  - Certificates will be given to each county that has 100% participation (at least \$1 per member).
  - Certificates will be given to any county or club donating over \$1,000.
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### **First-Time Ovarian Cancer Screenings**

- This information is submitted on the annual Food, Nutrition, and Health educational chair report. (Club reports due July 1 on paper, County reports due Aug. 15 online.)
  - A gift card will be awarded to the county with the largest number of first-time ovarian cancer screening participants. Certificates will be awarded to second and third place.
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### **Ovarian Cancer Fundraising Contest**

- An award will be given to the most creative entry describing the fundraising efforts for ovarian cancer, including emphasis on the amount of money raised.
- This can be a club, county, group of counties or an area project.
- For the yearly award, the project must have been completed between January 1 and December 31 of that year.

### **Guidelines:**

All entries must be in a folder or binder and include:

- Cover sheet (see Appendix 1)
- Description of Project
- How many members were involved in the completion of the project?
- How many members attended? How many non-members attended?
- List of collaborative partners (who and how they participated)
- Community involvement?
- Include pictures and promotional materials
- Deadline: March 1
- Awards: Gift Card (1<sup>st</sup> Place); Certificate (2<sup>nd</sup> and 3<sup>rd</sup> Place)

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### **Let No Child or Senior Go Hungry**

An award will be given to the club, county, or area with the most innovated project letting no child or senior go hungry.

#### **Guidelines:**

All entries must be in a folder or binder and include:

- Cover Sheet (see Appendix 1)
- Description of project
- Number of members and non-members involved.
- Collaboration with other agencies, organizations, or individuals encouraged.
- Include pictures and promotional materials.
- Deadline: March 1
- Awards: Gift Card (1<sup>st</sup> Place); Certificate (2<sup>nd</sup> and 3<sup>rd</sup> Place)

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### **Food Culture in Other Countries**

Research a country and their foods. Identify common eating patterns and habits. (Example: In England, it's improper to leave a spoon in the teacup.) After choosing a country, pick a recipe and prepare it for your club or county. An award will be given to the club or county that has the most creative entry on a food and country.

#### **Guidelines:**

All entries must be in a folder or binder and include:

- Cover Sheet (see Appendix 1)
- Description of project
- Number of members and non-members involved.
- Collaboration with other agencies, organizations, or individuals.
- Include pictures and promotional materials.
- Deadline: March 1
- Awards: Gift Card (1<sup>st</sup> Place); Certificate (2<sup>nd</sup> and 3<sup>rd</sup> Place)

**Send all contest entries to the current KEHA Food, Nutrition and Health Chair:**

Esther Bailey  
304 Somerset St.  
Stanford, KY 40484

Questions? Contact Esther at 859-749-1314 or [hadasah5@hotmail.com](mailto:hadasah5@hotmail.com).