

2011 FARM-CITY STATE ESSAY CONTEST

DUE DATE FOR YOUR IN-SCHOOL 4-H CLUB: _____

The Alabama Farm-City poster and essay theme for 2011 is "Harvesting Healthy Choices." The National Farm-City Council's 2011 focus is on obesity.

- Statistics indicate that about one-third of American children ages 6 to 19 are overweight and suffer from cardiovascular disease, high cholesterol, Type 2 diabetes and high blood pressure.
- Modern agriculture - rather than lifestyle choices - is often blamed for America's expanding waistline. We can dispel this myth by showing the healthy food choices available from American farmers. In Alabama, we have embraced the national focus on obesity with our 2011 theme.

"Harvesting Healthy Choices" gives the agricultural community a chance to talk about

- the health benefits of locally grown produce and other foods.
- images of farmers providing healthy food choices for their city neighbors.
- about how modern agriculture produces healthier animals, more nutritious grains and year-round access to fresh fruits and vegetables.
- U.S. Department of Agriculture's "My Plate" nutritional guide, which calls for a balanced diet including fruits, vegetables, grains, protein and dairy products. You may want to visit www.choosemyplate.gov.
- the interdependence of farms and cities.

The contest is sponsored by the Farm-City Committee of Alabama, P.O. Box 11000, Montgomery, AL 36191-0001, in cooperation with Alabama Ag in the Classroom and Alabama Farmers Cooperative. More information for teachers and students is available online at www.AlfaFarmers.org, www.AlabamaAITC.org and www.AgEducate.org or by contacting your local Alabama Cooperative Extension System office.

State winners in the essay contests will be featured in the Alabama Farm-City Committee's 2013 Farm-City Calendar.

Eligibility and Rules...

1. Division I is open to all students in grades 7 - 9.
Division II is open to all students in grades 10 - 12.
2. First and second place winners will be named in each division.
3. Essays must relate to the theme.
4. Each student is required to complete an information form and attach it to each essay entry.
5. **Essays may be turned in during the in-school November 4-H club meeting or to the Extension Office. The deadline for all Limestone County essays to be turned in is NO LATER THAN 4:30 p.m., Friday, December 2, 2011 at the**

Limestone County Extension Office, 1109 W. Market Street, Athens. Our office phone number is 256-232-5510.

6. All entries will be judged first at the County Farm-City Committee level with the first place winner in the county being submitted to the State Farm-City Committee. One entry per division, per county may be submitted for judging at the state level.
7. All entries may be used at the discretion of the Ag in the Classroom Steering Committee and the Farm-City Committee of Alabama without further permission or monetary consideration.
8. Criteria: Essay should be 500 - 1000 words, neatly typed, and double-spaced, on 8-1/2 x 11, white paper. They will be judged on:

A. Content title

Grammar

Clarity

Topic Sentence

Punctuation

Flow of material

Adherence to topic

Sentence Structure

Conclusion

Accuracy of information

Capitalization

Supporting details

Spelling

Appearance

Originality

Reader Appeal

C. Organization

B. Mechanics

Limestone County Awards in Each Category

PLACE	Individual Prize \$
FIRST	\$50.00
SECOND	\$30.00
THIRD	\$20.00

State Awards in Each Category

PLACE	Individual Prize \$	Classroom \$
FIRST	\$300 Cash	\$300 Cash
SECOND	\$200 Cash	\$200 Cash