

Kids Eat Kale Contest!

Who: Any K-12 student in Whatcom County.

What: The Farm-to-School Harvest of the Month Program is featuring locally grown kale in March. Kale will be served for lunch in all Whatcom County public schools. It's time to dispel the myth that kids don't eat kale. This contest will show those who don't believe it that Kids Eat Kale! And they like it too!!

How: There are all sorts of ways to eat kale! Put it on a sandwich, make it into soup, eat it as a chip. Kale cupcakes anyone?!? Choose as many ways as you can think of to eat kale and document it. Have pictures taken of you in the act munching on the veggie that grows year-round in Whatcom County -- one photo for each of the different ways that you have eaten kale.

When: Submissions are due by 5:00 p.m. **April 4, 2012.** All entries must be accompanied by the "Kids Eat Kale Contest Submission Form" found online at www.whatcomfarmtoschool.org.

Why: Why? To win, silly! Prizes will be given for the following categories:

- 1) Most diverse ways of eating kale – based on numbers of ways you found to eat kale.**
- 2) Best documentation – based on how artistic, original, and funny your photos are.**

(Note: Judges love creativity and have a sense of humor, wink, wink, nudge, nudge!!)

PRIZES: A \$50 cash prize will be awarded to the winner in each category. Plus, winners will have your photo(s) published in the 2012 Harvest Dinner Cookbook, and receive a free copy of the cookbook!

Where: Not sure where to find kale? Most grocery stores stock kale in their produce section.

Albertson's, Community Food Co-Op, Cost Cutter, Everybody's Store, Fred Meyer, Haggen, IGA, the Market, Safeway, Terra Organica, Trader Joe's all carry kale. You could even be adventurous and find a friend with a garden or local farmer who might have some growing as well!

How to Submit Your Photos:

Email: Email your photos with the completed Submission Form to: info@whatcomfarmtoschool.org.

- In the subject line write "Kids Eat Kale Contest"
- Please name your photos, or write a brief description of each photo so judges know what you are eating. Example: "eating kale salad.jpg"; or "Photo 0011.jpg is of me eating a kale and cheese sandwich."

Mail or Hand Deliver: Alternatively, you can deliver or mail hard copies of photos with the completed Submission Form to:

Whatcom Community Foundation
119 Grand Ave., Suite A
Bellingham, WA 98225
Attn: Kids Eat Kale Contest

- If mailing in a hard copy, please write your name on the back of each photo.
- If you would like your photographs returned, please enclose a self-addressed, stamped envelope.

Questions? Contact Priscilla Brotherton, brothertonwf2s@gmail.com.