

KEHA FOOD, NUTRITION, AND HEALTH CONTESTS AND AWARDS

OVARIAN CANCER PROJECT

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 collectively donating over \$1,000.
- Certificates will be given to any individual or group who gives over \$500 as a separate one-time gift for ovarian cancer each year.

First-Time Ovarian Cancer Screenings

- This information is submitted on the annual Food, Nutrition, and Health educational chairperson 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.

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 (1st Place); Certificate (2nd and 3rd Place)

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 (1st Place); Certificate (2nd and 3rd Place)

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 (1st Place); Certificate (2nd and 3rd Place)

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

Esther Bailey
304 Somerset St.
Stanford, KY 40484

Questions? Contact Esther at 859-749-1314 or hadasah5@hotmail.com.