

*Poster Contest Directions for
Maine Harvest Lunch: Celebrating Maine Grown Foods*



Directions

Design a persuasive poster that illustrates the importance of eating Maine grown foods. Preference will be given to posters that convey why eating locally grown foods is beneficial.

Details

- Any art medium on any size paper
- Include student's name, grade, and teacher's name on back
- A catchy slogan may be included
- Due to Harvest Lunch school coordinator by Monday, Sept. 24th
- All posters will be displayed in the cafeteria at the Maine Harvest Lunch
- One winner per school. Winners will receive a gift certificate to a local food vendor (past prizes have included Smiling Hill Farm & Moulton's Apple Orchard)

Helpful Facts: Reasons Why Buying Maine Grown Foods is Important

- Buying locally puts money back in the Maine economy. If every household in Maine spent \$10 a week on locally grown foods, an additional \$100 million would be put back into the Maine economy!
- With the concern of sprawl throughout southern Maine, this contribution to **farmland preservation** is vital.
- Locally grown food is raised for **taste** rather than durability during transport, so Maine grown food tastes better.
- Fresher foods from local producers translate to **healthy eating** and, ultimately, **better learning**.
- Locally grown food does not have to travel as far, **reducing air pollution and fuel consumption**.
- Introducing students to the importance of buying locally **strengthens the community** by creating connections between the food we eat and where it is grown.
- The average bite of food travels 2,500 miles before you eat it! Food at the Maine Harvest Lunch travels just 300 miles.

What else can you do?

- Encourage your students to participate in the poster contest and purchase the Harvest Lunch on Wed. Sept. 26th
- Purchase your own Harvest Lunch!
- Talk to your students about the Harvest Lunch and discuss the benefits of eating fresh, local food. Discuss local farm stands and farmers' markets – visit www.getrealmaine.com for listings.
- Call Heather Russell at the Middle School with questions or if you'd like to become more involved in future events.