



To celebrate Eat More Fruits & Vegetables Day, we invite you to participate in a food art contest co-sponsored by Dole.

Food art is a great strategy for helping picky eaters get accustomed to healthy ingredients and develop a desire to eat them—who wouldn't want to snack on an adorable owl or a slick sports car? You can find other helpful tips in our [Healthy Eating Toolkit](#), created in partnership with Dole.

The winner of the contest, which runs from May 21 through May 28, will receive a gift pack of merchandise and Dole coupons, as well as **a gift card for your local grocery retailer.**

To participate, please follow these steps:

Follow us on Instagram ([@act4healthykids](#)). Check out our contest launch video with Take Action Ambassador Katrina Pilkington (a.k.a. @FittyKat) on May 21 for helpful tips while you're there.

Assemble and prep your ingredients with your kids. Your child's food art must be created using any of the following ten ingredients (you do **not** have to use all ten—you can use as many or as few as you like, as long as they come from this list).

- Apples
- Bananas
- Pineapple
- Berries
- Raisins or grapes
- Carrots
- Celery
- Spinach or Lettuce
- Radishes
- Nut butter or hummus

Get your child's creative juices flowing—do they want to create an animal? Maybe a landscape or a favorite toy or sport? Then help them create their masterpiece.

Post a photo of the food art (or your child with their design) on Instagram, tag [@act4healthykids](#), and use the hashtags [#DoleHealthyKids](#) and [#TakeAction4HealthyKids](#).

That's it! The winner will be randomly selected on May 29 from those who tag us in their food art photo and will be contacted through direct message.

Show us your at-home activities! We're looking for photos of your family and kids doing healthy activities during school closures that we can use on our website, on social media, or in other communications materials. **By simply sending a great photo of your kids doing a healthy activity, you could win a prize.**

To send your photo, [please fill out this form](#) by Friday, June 5.

Photo guidelines include:

Your kids should be the focus of the photo, but parents and relatives may also be included.

The photo should be sharp, bright, and high-resolution—please no blurry or dark photos. Outdoor/natural lighting tends to work the best.

Activities could be cooking or nutrition-related, games and/or sports, creative free play, mindfulness and yoga, exercise, or social emotional health-related (such as journaling, art, dance, etc.). Whatever your kids are doing to stay healthy and active at home works. We will randomly draw winners for prizes on June 5; anyone who submits a photo is eligible to potentially receive one of fifty coupons for a **free pack of GoGo squeezeZ fruit pouches, one of five \$25 ALDI gift cards, or one of five \$50 ALDI gift cards.** Winners will be notified by email.

Please note: By [submitting your photo](#), you agree to let Action for Healthy Kids use the photo for marketing and communications purposes. [See full waiver here.](#)

Please encourage your kids to participate and enjoy!

Your PTO

"When we work together, great things happen to our kids"