



# #NSschooleats

## Nutrition Month Contest

March is Nutrition Month and Nourish is challenging Nova Scotia school communities to show us pictures of healthy "school eats"

Healthy "school eats" include any healthy, nutritious breakfast, snack or lunch that you eat at school (brought from home or served or sold at school)

### How to Enter:

It's simple ...  
take a picture  
of your  
healthy  
school eats  
and share it



Post your picture on Twitter or Instagram and use **#NSschooleats**

OR



Post your picture to [www.facebook.com/NourishNS](http://www.facebook.com/NourishNS)

OR



Share your picture on our website <http://ow.ly/YqAf9>



Email your picture to [info@nourishns.ca](mailto:info@nourishns.ca)

Contest is open to all Nova Scotia school communities including students, staff, teachers, families and volunteers

Pictures submitted by March 31st, 2017 will be entered in a draw to win \$150 towards promoting healthy eating in your school/classroom.

By sharing your pictures, you are giving permission for Nourish NS to re-use on our website, print materials and other resources.