



University of Arizona Nutrition Network Presents:  
Healthy Holiday Greeting Card Contest  
Elementary Teacher Instructions



We are hosting a Healthy Holiday Greeting Card contest to encourage students to design a greeting card explaining how they celebrate healthy holidays.

**Instructions:**

1. Copy the attached greeting card template and give one to each student.
  - a. Ask students to design a Healthy Holiday greeting card that includes nutrition and physical activity messages, and is related to Thanksgiving, Christmas, Chanukah, Kwanza, and/or the New Year's celebration. Once students have designed their cards, cut along the dotted line and paste each card onto a piece of construction paper. To finish the card, have students write their names on the bottom of the construction paper.
  - b. For students in grades 3-5, have students write a letter home encouraging their families to celebrate healthy holidays on the back of the card. This letter will also be included in the judging for the older grades.
2. Collect the cards and give them to your school's point person by **Wednesday, November 24<sup>th</sup>**.
3. One winner from grades K-2 and one winner from grades 3-5 will be selected. Those 2 winning entries will then be sent to the UA Nutrition Network and be entered to win the grand prize. All other entries can then be posted around the school as healthy holiday decorations.

**Prizes:**

**School winners:**

The 2 students (one from grades K-2 and one from grades 3-5) whose cards are chosen and submitted for the grand prize contest will receive a bag of UANN incentive items and squishy fruit stress balls.

**Grand Prize Winners:**

2 students (one from K-2 and one from 3-5) will have their cards selected and printed in 11x17 posters. The students will receive a copy of the posters and special recognition. The posters created will also be printed and given to each elementary school to put up in their school offices before holiday break as a healthy holiday greeting from the student and UANN!

**Judging Criteria**

Cards will be judged on the following:

- Nutrition/physical activity message and content
- Creativity and design
- Overall appeal and clarity
- Letter home for grades 3-5

**Questions?**

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