



GET TO **KNOW**

YOUR

SCHOOL LUNCH

HERO

CONTEST!

Follow The Steps Below

1

Visit our website:

Eatsmart2besmart.org

for updated instructions

2

Make a video
interviewing your
School Lunch Hero

3

Submit your video by
May 1st for a chance
to

win \$1000!

The Winner Will Be Announced

May 5, 2023

INSTRUCTIONS GET TO **KNOW** YOUR **SCHOOL LUNCH HERO** Contest

MAKE A VIDEO!

1. Video record a 30–60 second interview of your School Lunch Hero.
2. You must be a student(s), teacher, staff member, or school employee(s).
3. Submit your video at southerncsna@gmail.com with the Subject Line "My School Lunch Hero"
4. Below are some questions to ask! Feel free to create your own if you like.

- Where did you grow up?
- What did you want to be when you were a child?
- What do you like to do for fun, what are your hobbies?
- What is your favorite food to eat and why?
- How did you learn how to cook?
- What is the best meal you ever made and why?
- Why do you enjoy serving school meals?
- What is your favorite memory of school lunch?
- What makes you happiest?
- Who is your hero and why?

**Deadline to
Submit:
May 1st**



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RAFFLE

- All video submissions will be raffled for a chance to win!

PRIZES

- The winners will receive \$1000 (\$500 for the person recording and submitting the video, and \$500 for the School Lunch Hero! - Check will be sent to the District's Director of Nutrition Services)
- The winning School Lunch Hero will be interviewed on the Ch. 1 Southern California School Nutrition Association Podcast "The Apron".
- The winning School Lunch Hero & the person who submitted the video will be invited to attend our Ch. 1 Lunch meeting.
- The winners will be featured on our website: Eatsmart2besmart.org

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