



# WANTED: SuperMoms

What is a SuperMom? She is faster than a speeding bullet, more powerful than a locomotive, able to leap tall buildings in a single bound, and she is a Spokesperson for the Mecklenburg County Fruit & Vegetable Coalition.

## Are you a SuperMom?

- ✓ Do you have children under the age of 18?
- ✓ Do you live in Mecklenburg County?
- ✓ Do you try to eat the recommended 5 servings of produce per day?
- ✓ Do you provide your children with meals that include fruits and veggies?

**Reward: Great Prizes!**

## Why Should YOU Become A SuperMom?

- Each SuperMom will receive a \$30 gift card to Wal-Mart plus other prizes!
- SuperMoms will have the opportunity to network with other parents in the community and share recipes, tips and healthy eating ideas.
- As a SuperMom, you'll be asked to participate in food demonstrations, share your family story and photos, and promote your passion for fruits and veggies in the media (still photos, video shots, website).

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### Part 1 for SuperMom Application:

All entries must be received by **Wednesday, March 31, 2010** by one of these ways:

1. Register on the Mecklenburg County website: <http://www.meckhealth.org/SuperMoms.htm>
2. Email to Allison Mignery at [amignery@carolinas.org](mailto:amignery@carolinas.org)
3. Mail to Allison Mignery, Mecklenburg County Health Dept. 249 Billingsley Road, Charlotte, NC 28211

Five SuperMoms will be selected. Notification of winners will be on April 14, 2010 via telephone.

NAME: _____	PHONE: _____
STREET ADDRESS/CITY/ZIP: _____	
EMAIL ADDRESS: _____	
HOW MANY CHILDREN DO YOU HAVE? _____	
AGES OF CHILDREN:	<input type="checkbox"/> 5 yrs and younger <input type="checkbox"/> 6-11yo <input type="checkbox"/> 12-18yo
WHERE DID YOU SEE THIS FORM? _____	

### Part 2 for SuperMom Application:

On a separate page, share the story of how your family eats and enjoys fruits and veggies. If possible, send in photos of your family enjoying fruits and veggies!

Disclaimer: Submitted photos may be used in the media and by submitting this application, SuperMoms release the photos to the Mecklenburg County Health Department. This program is sponsored by the Mecklenburg County Health Department and the Mecklenburg County Fruit & Vegetable Coalition. Standards for being nominated for this honor are the same for all people no matter their race, color, creed, national origin, political belief, handicap or age.

