

June Dairy Month People's Choice Poster Contest:
"Pour One More"

The 2010 Dietary Guidelines for America, National Dairy Council and Southeast Dairy Association all agree that Americans should consume three servings of low-fat or fat-free dairy each day, but the majority of Americans aren't meeting this recommendation. Show us how you plan to "Pour One More" by submitting a hard or electronic copy of your 4-H poster for a chance to win \$100 from the Southeast Dairy Association. Your friends can get in on the action by going to www.southeastdairy.org/PourOneMore and voting for you as the "People's Choice" winner between June 1 and June 30.

Submissions, including this signed form and a copy/JPG/PDF of your poster, should be sent to poureonemore@sedairy.org or mailed to communications 21, "Pour One More Contest," 834 Inman Village Parkway, Suite 150, Atlanta, GA 30307.

In early July one winner in Alabama, Georgia, Mississippi, North Carolina, South Carolina, Tennessee and Virginia in the age categories of 9-12, 13-15 and 16-19 will be selected based on the number of online votes, for a total of three "People's Choice" winners per state. Winners will be notified by phone and the \$100 check will be sent via mail. *See Official Rules for details.*

Date: _____

*First and Last Name: _____

Gender: F M (circle one)

*Age: _____

*Street Address _____

*City: _____

*State: _____

*Phone: _____

*Signature of person and/or parent or guardian, if under 18 years old:

*Required information