**A PRESCRIPTION TO HEALTHY LIVING**



*Alabama FCCLA Chapters are encouraged to participate in activities that lead to healthy living. An award will be presented to a local chapter participating in a project that prescribes strategies/activities that lead to healthy living for individuals or families in the home, school, workplace, or community setting. Healthy Living prescriptions may be written in the content areas of family and consumer sciences that relate to Relationships, Food and Nutrition, Fitness, Resource Management, Health Issues, Housing, or the Environment. Local chapters must complete the “A Prescription to Healthy Living” application and submit it to the state office by* ***January 15****. A plaque will be presented to the winning chapter at the FCCLA State Conference.*

### OFFICIAL RULES

#### The following rules must be followed for an application to be considered for this award:

#### The chapter must be nationally affiliated with Family, Career and Community Leaders of America, Inc. A copy of the chapter affiliation form must accompany the application.

#### The project must be conducted during the academic year that includes the state meeting when the award will be presented.

#### The winning chapter will be selected based on a written presentation describing how the chapter implemented strategies/activities that lead to healthy living, using family and consumer science subject-matter knowledge and skills. Entries must be submitted on the official application form or photocopies of the form. Newspaper clippings and project photos may be attached on no more than five (8 ½” x 11”) sheets. Emphasis will be on quality not quantity. Additional materials will not be considered.

#### Applications must be emailed to the state office by **January 15**.

#### An awards committee will select the outstanding project.

1. The winning chapter (or local adviser) may be asked to make a presentation at the FCCLA State Meeting or

at the ALACTE Professional Development Conference.

## CRITERIA

Judges will be looking for:

1. Clarity of goal(s).
2. Project creativity, resourcefulness, results achieved that lead to healthy living practices.
3. Use of family and consumer sciences subject-matter knowledge and skills.
4. Extent to which the project promotes a better understanding of family and consumer sciences and FCCLA.

##### INSTRUCTIONS

1. Email your application to [ehicks2@alsde.edu](mailto:ehicks2@alsde.edu) by **January 15**.
2. Type the information requested on the form or photocopy of the form. Only typed applications will be accepted.
3. Newspaper clippings and project photos may be attached on no more than five (8 ½” x 11”) sheets. **No scrapbooks or notebooks are acceptable.**
4. Be concise but give as many details as possible. Applicants will be judged on quality of presentation, not quantity.
5. Attach a copy of your national affiliation form.
6. Be sure all participants are dues paying members.

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**Directions**: Type the information requested on this form. Newspaper clippings and project photos may be attached on no more than five separate 8-1/2” x 11” sheets. Scrapbooks or large notebooks are **not** accepted. Be concise, but give as many details as possible. Applicants will be judged on the quality of presentation and the project, not on the quantity of materials submitted.

|  |  |  |  |
| --- | --- | --- | --- |
| Chapter Name |  | | |
| School |  | | |
| Number of Affiliated Chapter Members | |  |
| Number of Chapter Members  Participating in this Project | |  |
| Size of School | |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| If your project is selected as the state winner, will your chapter members present this project at the FCCLA State Meeting? | Yes |  | No |  |

All information submitted is correct to the best of my knowledge.

|  |  |  |  |
| --- | --- | --- | --- |
| Chapter Representative |  | Date |  |
|  | (Signature) |  |  |
| Chapter Adviser |  | Date |  |
|  | (Signature) |  |  |

Project Summary

|  |  |
| --- | --- |
| Project Title |  |

***Briefly summarize your project and accomplishments here. Give further details on the next two pages of this application. A chapter annual program of work may not be submitted as a project. Additional pages will not be considered.***

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# *(20 POINTS)*

*1. Describe why you selected this as a project. List your major goals below and explain why your chapter set these goals.*

(40 POINTS)

1. Briefly summarize your chapter’s major activities and time schedule in carrying out the project. What impact did the project have on “Healthy Living” practice(s)? How was the success of the project measured? What resources were required and how were they gathered?

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*(****20 POINTS*)**

*3. How did chapter members use their FCCLA and family and consumer sciences subject-matter knowledge and skills in this project?*

# *(20 POINTS)*

4. How did your chapter’s project promote a better understanding of family and consumer sciences and FCCLA? Describe the material used such as radio, TV, bulletin boards, newspaper, etc.

**RETURN TO:** Esther Hicks via E-Mail: ehicks2@alsde.edu by January 15.