



DAIRY POSTER CONTEST PHYSICAL POSTER



GOAL

We want you to tell us what Milk's Got Game means to you! Is it fueling you up for football? Is it driving your dance practice? Is it gearing up your gaming? Show us how you do dairy!

RULES

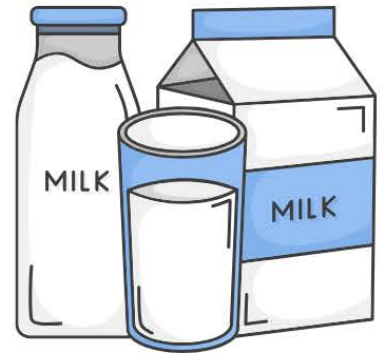
1. Only one 4-H'er may work on a poster. No group projects. One entry per member.
2. The poster must be 14 x 22 inches and used horizontally.
3. The theme for the year must be a prominent part of the poster.
4. Put your name, class, school and grade ON THE BACK OF THE POSTER.

Posters are due:

**Please drop off your poster at UT Extension
408 N Main St
Springfield TN 37172**

TIPS

- Keep it neat and organized.
- Add color to make your poster stand out.
- Poster must include the words Milk's Got Game.
- Include the 4-H clover (make sure the stem points to the right).
- Use light pencil lines to guide the tops and bottoms of your letters.
- Make your lettering easy to read—your smallest letters should be at least one inch tall.
- Be creative! Try to come up with a unique idea that no one else has used.



AVOID THESE MISTAKES

- Don't use popular cartoon characters or trademarked images.
- Don't add anything that sticks out more than 1/8 inch from the poster.
- No loose glitter—it makes a mess and can fall off easily.
- Don't put any letters or drawings on top of the official 4-H clover.
- Avoid tiny pictures that are hard to see from a distance.
- Don't crowd your lettering or artwork—leave some space so it's easy to read.
- Don't print words vertically (letters should read left to right).
- Don't use mixed or rainbow colors for letters in the same word—keep lettering colors consistent.





DAIRY POSTER CONTEST DIGITAL OPTION



GOAL

We want you to tell us what Milk's Got Game means to you! Is it fueling up for football? Is it driving your dance practice? Is it gearing up your gaming? Show us how you do dairy!

RULES

1. Must be submitted in a PDF or PNG format.
2. Entries should be clear (not be blurry, grainy, or pixelated).
3. (In most cases, 640 x 480 pixels should provide a clear image.)
4. Tip: If using a computer program such as Microsoft Publisher, when you save your image as a PNG in the dialogue box, there is a "resolution" box and you can change it from "standard printing" to "high quality or commercial."
5. Examples of programs that could be used for designing your digital poster include, but are not limited to:
 - Microsoft PowerPoint
 - Microsoft Publisher
 - Adobe Illustrator
 - Adobe InDesign
 - Canva
6. Digital posters should be in the landscape (or horizontal) format.
7. Digital posters are not photographs of a regular poster but rather computer graphics / design created on the computer.
8. You must include the theme for the current year on your poster.
9. **Submissions are due the same day as the paper posters. Have your teacher submit your digital poster by email to Lauren Balthrop at Lbalthr1@utk.edu**



TIPS

- Keep it neat and organized.
- Add color to make your poster stand out.
- Include the title Milk's Got Game!
- Include the 4-H clover (make sure the stem points to the right).
- Make your lettering easy to read.
- Be creative! Try to come up with a unique idea that no one else has used.

AVOID THESE MISTAKES

- Don't use popular cartoon characters or trademarked images.
- Don't put any letters or drawings on top of the official 4-H clover.
- Avoid tiny pictures that are hard to see from a distance.
- Don't crowd your lettering or artwork—leave some space so it's easy to read.
- Don't print words vertically (letters should read left to right).
- Don't use mixed or rainbow colors for letters in the same word—keep lettering colors consistent.

