



Essay & Poem Guidelines

In order to submit an essay or poem to the contest, please make sure to include the following:

- **Name**
- **Grade level**
- **The teacher's name and email**
- **Home address of the student**
- **Parent contact information (phone and email – if the parents have email).**

The deadline to submit the student essay is **Friday, March 28 by 12pm**. Please email a clear picture or PDF file of your submission to lvfaircontest@gmail.com with the student's information.

For the 2025 Linda Vista Multi-Cultural Fair the theme is "**Food from the Heart**" and we are celebrating Linda Vista's multicultural community and cuisine.

The Essay & Poetry Prompt is:

Linda Vista is a vibrant community rich with cultural diversity, reflected in its people, restaurants and cuisines that call it home. This year's theme, "*Food from the Heart*," invites you to explore the connections we have with food. Share your story, celebrate the flavors of Linda Vista, and showcase how food from the heart brings us together!

- **What food speaks to your heart?** Tell us about your favorite dish from a local restaurant or a treasured homemade meal.
- **How does this food connect you to Linda Vista?** Reflect on how this dish or place reminds you of home, community, or Linda Vista.

Use these questions as inspiration for your essay:

- What is your favorite restaurant in Linda Vista, and why?
- Do you have a favorite homemade meal that brings back special memories?
- How does food help you feel connected to your culture, family, or the Linda Vista community?

Participants must be in 5th, 6th, 7th, or 8th grade. The Essay will be judged by Members of the Linda Vista Multi-Cultural Fair Board.

Every student who enters the contest is invited to participate in the parade. Trophies must be displayed at the student's school.

We greatly appreciate your participation!

Don't forget to come to the 40th annual Linda Vista Multi-Cultural Fair from 10am – 5pm on Saturday, April 26th!

For more information, visit www.lindavistafair.org.