



Youth Bloggers

Ideas and Guidelines

Our website includes a blog where we post short articles on topics that could be of interest to our program participants as well as community members. Your blog post contributions will also be shared on our social media and sometimes printed in our participant newsletter.

Parents and teachers: Encourage youth in grades 4-12 to write and submit. This is a valuable opportunity for them to gain research and writing experience!

Please review the guidelines below before submitting:

- **Write on a subject in one of the following categories:**
 - **Health & Wellness (general or specific to seniors)**
 - **Food**
 - **Community**
- **We love pieces that discuss local, food-related people, places and events!**
- **Please include a list of sources used for research, if any, at the end of the article.**
- **Be creative!**
- **Read our blog and other online blogs for inspiration.**
- **Feel free to include pictures.**

Please contact flcmvista@gmail.com or call 412-499-4313 for more information or to submit. Thank you!

