

Saint Vincent and the Grenadines  
**Zero Hunger Trust Fund**  
*presents*  
**National Essay and Art Competition**  
*“Hunger-Free SVG: My Role, My Future”*

**PARTICIPANT & SCHOOL GUIDANCE**  
Competition Period: 1–23 April 2026 | Submission Deadline: 23 April 2026

**A Message to Every Student and Teacher**

This is your invitation to think big, create boldly, and share your voice with your school, your community, and your nation. The ZHTF National Essay and Art Competition asks one powerful question: **What Does a Hunger-Free Saint Vincent and the Grenadines Look Like and What is YOUR Role in Building It?** Whether you express yourself through words or images, your ideas matter. This guide tells you everything you need to know to participate.

**1. At a Glance**

Detail	Information
Competition Theme	“Hunger-Free SVG: My Role, My Future”
Open to	Primary and Secondary school students across SVG
Competition Tracks	Essay Competition   Visual Art Competition   Photography Competition
Submission Window	April 1 – 23, 2026
Deadline	23 April 2026 — 4:00 PM (physical)   11:59 PM (digital)
How to Submit	Email: <a href="mailto:info@zerohungersvg.com">info@zerohungersvg.com</a> or deliver to ZHTF office
Announcement	April 30, 2026 — Zero Hunger Gala

**2. Who Can Enter**

The competition is open to all primary and secondary school students in Saint Vincent and the Grenadines. Three tracks are available, each with its own age or grade eligibility:

Track	Who Is Eligible	Format
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Essay — Junior Category	Students aged 9–13	400–600 words
Essay — Senior Category	Students aged 14–17	800–1,000 words
Visual Art	Students aged 15–20	Original artwork + optional 200–300 word artist's statement
Photography	Students aged 15–20	1 photograph + optional 150–250 word photographer's statement

A student may enter more than one track if eligible. There is no limit on the number of entries per school.

### 3. Understanding the Theme

Every entry must connect to the theme:

**“Hunger-Free SVG: My Role, My Future”**

Here is what each part of the theme means:

**Hunger-Free SVG** - Paint a vision of a nation where every person has access to enough, affordable, healthy, nutritious food. What does that future look like?

**My Role - You** are not just an observer. As a young person, you can take real steps to make a difference. What actions will you take?

### 4. Essay Competition

The essay track invites students to think deeply, research, and use their own voice to explore what a hunger-free future means for SVG.

#### 4.1 Word Count Requirements

Category	Age Range	Required Word Count
Junior	Ages 9–13	400–600 words
Senior	Ages 14–20	700–1,000 words

#### 4.2 Essay Requirements

- Language:** English
- Format:** Typed or neatly handwritten; submitted as word or hard copy
- Original Work:** The essay must be your own. Teacher guidance is welcome, but the ideas and words should be yours.
- Cover Page:** Include your full name, age, grade, school, category (Junior or Senior), and a contact number or email address.
- Theme Connection:** Your essay must address “Hunger-Free SVG: My Role, My Future.”

#### 4.3 How Essays Will Be Judged

Criterion	What Judges Are Looking For	Weight
Theme Understanding	Clear engagement with the theme; solid grasp of Zero Hunger/	30%

	food security concepts	
Personal Connection	Authentic student voice; connects the topic to your own life, community, or aspirations	25%
Critical Thinking	Thoughtful analysis; original ideas or solutions; insight that goes beyond the surface	20%
Creativity & Originality	A fresh perspective, unique approach, or engaging narrative or argument	15%
Writing Quality	Clear organisation; grammar and vocabulary appropriate for your age; engaging style	10%

## 4.4 How to Submit Your Essay

### Digital (Preferred)

- Email your essay to [info@zerohungersvg.com](mailto:info@zerohungersvg.com)
- Subject line: Essay Competition – [Your Name] – [Junior or Senior]
- Attach your essay as a word

### Hard Copy

- Deliver a copy to the ZHTF office or hand it to your school coordinator for submission.

**Deadline:** 23 April 2026 by 4:00 PM

All submissions will be acknowledged within 48 hours of receipt.

## 5. Visual Art Competition

The visual art track invites students aged 15–20 to create original works that express their vision of a hunger-free SVG, through drawing, painting, or mixed media.

### 5.1 Accepted Media

- Drawing: pencil, coloured pencil, charcoal, pastel
- Painting: watercolor, acrylic, tempera, oil
- Mixed Media: combination of the above (no 3D works — display constraints apply)

### 5.2 Size Requirements

- Minimum size: 16" × 20"
- Maximum size: 24" × 40"
- Orientation: portrait or landscape

### 5.3 What to Include

- Label on the back: your full name, age, school, and category
- Original Work: the artwork must be your own creation
- Artist's Statement (optional but encouraged): 200–300 words describing your artwork and how it connects to the theme
- Condition: artwork must be clean, undamaged, and ready to display

### 5.4 Theme Interpretation — Ideas for Your Artwork

Your artwork may depict any of the following, or something entirely your own:

- Vibrant gardens, farms, or food production in SVG
- Healthy meals featuring local foods

- Young people taking action — planting, cooking, sharing food
- Communities working together for food security
- Contrasts between food insecurity and abundance
- Future aspirations related to agriculture, nutrition, or food systems
- The connection between the environment and sustainable food production

### 5.5 How Visual Art Will Be Judged

Criterion	What Judges Are Looking For	Weight
Theme Interpretation	Clear visual connection to the theme; conveys a message about Zero Hunger/ food security	30%
Creativity & Originality	Unique visual approach; imaginative composition; fresh perspective	25%
Artistic Skill	Technical proficiency appropriate for your age; effective use of chosen medium	20%
Visual Impact	Strong composition; effective use of colour; eye-catching and emotionally engaging	15%
Effort & Completion	Demonstrates care and effort; fully realised work; attention to detail	10%

### 5.6 How to Submit Your Artwork

#### Physical Artwork

- Deliver to the ZHTF office or designated school drop-off point, packed carefully to protect the work.
- Deadline: 23 April 2026 by 4:00 PM

#### Digital Art

- Email a high-resolution PDF (minimum 300 dpi) to [info@zerohungersvg.com](mailto:info@zerohungersvg.com)
- Subject line: Art Competition – Visual Art – [Your Name]

All physical artworks will be returned to schools. Winning works may be displayed longer, with the artist's permission.

## 6. Photography Competition

The photography track invites students aged 15–20 to document the real world around them, using any camera, including a smartphone. You do not need professional equipment to enter.

### 6.1 Camera and Technical Requirements

- Any camera is accepted: DSLR, point-and-shoot, smartphone, or tablet
- File format: TIFF, JPEG or PNG
- Minimum resolution for digital submission: 2,000 × 1,500 pixels (3 megapixels)
- Physical prints: 11" × 14", glossy or matte finish
- Colour or black-and-white images are both accepted

### 6.2 What Makes a Photo Eligible

- You must have taken the photograph yourself.
- Photos must have been taken between 1 April 2026 and the submission deadline.
- If your photo includes identifiable people, you must have their verbal permission (or their parent's/guardian's permission if they are a minor).

### 6.3 Editing Guidelines

### Permitted edits:

- Cropping
- Brightness and contrast adjustments
- Colour correction and sharpening
- Minor blemish removal

### Not permitted:

- Heavy filters that distort reality
- Adding or removing major elements from the scene
- Compositing (combining multiple images into one)
- AI generation or AI enhancement

**Simple rule:** Your photo should represent what you actually saw. Enhancing is fine; fabricating is not.

## 6.5 How Photography Will Be Judged

Criterion	What Judges Are Looking For	Weight
Theme Interpretation	Clear visual connection to the theme; tells a compelling story about Zero Hunger/ food security in SVG	30%
Composition & Framing	Strong visual structure; effective use of perspective and framing; intentional choices	25%
Technical Quality	Sharp focus; appropriate exposure and lighting; good resolution	20%
Visual Impact & Storytelling	Emotionally engaging; captures a decisive moment; conveys a clear message or feeling	15%
Originality & Creativity	Unique perspective; fresh approach to familiar subjects; distinct photographer's voice	10%

## 6.6 What to Include with Your Photo

- Photo title: a creative title of up to five words
- Your name, age, school, and category
- Photographer's Statement (optional but encouraged): 150–250 words explaining what the photo shows, why you took it, and how it connects to the theme

## 6.7 How to Submit Your Photo

### Digital Submission (Recommended)

- Email your high-resolution JPEG or PNG to [info@zerohungersvg.com](mailto:info@zerohungersvg.com)
- Subject line: Photography Competition – [Your Name]
- Include your name, age, school, photo title, and optional statement in the email body
- Deadline: 23 April 2026 by 11:59 PM

### Physical Print (Optional)

- Deliver a print to the ZHTF office or your school's designated drop-off point in a protective envelope
- Attach a label to the back with your name, age, school, category, and photo title
- Deadline: 23 April 2026 by 4:00 PM

Digital confirmation will be sent within 48 hours.

**Copyright Note:** Students retain copyright in their work. However, by submitting the work, each student grants the Zero Hunger Trust Fund (ZHTF) an exclusive, royalty-free licence to use, reproduce, publish, display, adapt, and distribute the work for educational and promotional purposes.

## 7. Prizes and Recognition

### 7.1 Essay Competition Prizes

#### Grand Prize Winner (per category):

- Prize valued at \$1,000
- Your school will also receive a winning student's school will receive support towards a school garden establishment or enhancement valued at \$2000.

#### Runner-Up Prizes:

- Support for Educational materials and certificates

#### All Participants:

- Certificate of participation

### 7.2 Art and Photography Competition Prizes

Place	Visual Art Prize Value	Photography Prize Value
1st Place	\$1,000	\$1,000
2nd Place	\$750	\$750
3rd Place	\$500	\$500

### 7.3 Additional Recognition for Art & Photography Winners

- Your work will be showcased at the Zero Hunger Gala
- Winning entries will be featured in the ZHTF 10-Year Impact Report.
- Selected works will be displayed on billboards across SVG.

Winners will be announced on April 30, 2026.

## 8. Key Dates

Date	Milestone
April 1, 2026	Competition officially opens
1–23 April 2026	Active competition period — create and refine your entry
23 April 2026 — 4:00 PM	Deadline for physical submissions
23 April 2026 — 11:59 PM	Deadline for digital submissions
24–29 April 2026	Judging period
April 30, 2026	Winner announcement

## 9. Guide for School Coordinators and Teachers

Each school is asked to designate one coordinator, a teacher or administrator, to serve as the liaison between ZHTF and participating students. This section is for you.

### 9.1 Your Role

- Promote the competition within your school and encourage broad participation across all eligible age groups.
- Share competition materials, posters, entry forms, and this guidance document, with students and relevant subject teachers (English, Social Studies, Art, Integrated Science, HFLE, Geography, Agriculture).
- Assist students in understanding the theme, requirements, and submission process.
- Collect hard-copy entries (if applicable) and submit them on behalf of students, or support students submitting digitally.
- Serve as the first point of contact for student questions, relaying anything you cannot answer to ZHTF via WhatsApp or email.

### 9.2 How ZHTF Will Support You

- A digital guidebook and entry form templates will be provided for distribution.
- A dedicated WhatsApp group will be established for coordinators to ask questions and receive updates.
- ZHTF staff will respond to queries within 24 hours during the competition period.

### 9.3 Classroom Integration Ideas

The competition aligns naturally with Language Arts, Social Studies, Art, HFLE, Geography, Integrated Science and Agriculture curricula. Consider:

- Assigning the competition as a class project or enrichment activity
- Using the guiding questions (Section 3) as discussion prompts before students begin writing or creating
- Organising a school-level gallery or reading of entries before the final submission deadline
- Inviting students to share their ideas with younger classes after the competition

### 9.4 Submitting Entries on Behalf of Your School

If you are collecting physical entries from students:

- Verify that each entry has a completed cover page (essay) or label (artwork/photo) with the student's name, age, school, grade, category, and a contact number.
- Package artwork carefully to prevent damage in transit.
- Deliver to the ZHTF office or your designated school drop-off point by 23 April 2026 at 4:00 PM.

For digital submissions, students may submit directly from their own email addresses or via the school coordinator. Either is acceptable.

## 10. Submission Checklist

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Before submitting, use this checklist to make sure your entry is complete:

### Essay Checklist

- Cover page included: name, age, grade, school, category, contact information
- Word count within the required range for your category
- Essay addresses the theme “Hunger-Free SVG: My Role, My Future”
- Written in English
- It is your own original work
- Saved as a PDF (digital) or neatly printed (hard copy)
- Email subject line: Essay Competition – [Your Name] – [Junior or Senior]

### Visual Art Checklist

- Artwork is within the required size (16"×20" minimum, 24"×40" maximum)
- Uses an accepted medium (drawing, painting, or mixed media)
- Label securely attached to the back: name, age, school, category
- Artwork is clean, undamaged, and display-ready
- Artist's statement attached (optional: 200–300 words)
- It is your own original creation

### Photography Checklist

- You took the photograph yourself
- Photo was taken between 1 January 2024 and 23 April 2026
- Digital file meets minimum resolution (2,000 × 1,500 pixels)
- Only permitted edits have been applied (no AI enhancement or compositing)
- Photo title included (up to five words)
- Your name, age, school, and category included
- Verbal permission obtained if identifiable people appear in the photo
- Photographer's statement included (optional: 150–250 words)
- Email subject line: Photography Competition – [Your Name]

## 11. Contact Us

We are here to help. If you have a question that is not answered in this guide, please reach out:

**Email:** [info@zerohungersvg.com](mailto:info@zerohungersvg.com), [amoses@zerohunger.com](mailto:amoses@zerohunger.com)  
**Email subject for queries:** Competition Query – [Your School Name]  
**Response time:** Within 24 hours during the competition period

***Saint Vincent and the Grenadines can be hunger-free.***  
Your ideas, your art, and your voice are part of how we get there.  
We cannot wait to see what you create.