



Help us celebrate National 4-H week, October 7-13, by participating in the Polk County 4-H Social Media Photo Competition! This year's national theme, *Inspire Kids to Do*, will showcase the ways 4-H inspires kids to do through hands-on learning and will highlight how 4-H empowers youth to become true leaders within their communities.

Polk County 4-H wants to you to show off! Whether its reppin' your 4-H gear during club meetings, participating in 4-H activities or sharing an inspirational 4-H project, tell us why 4-H motivates you to do and how 4-H impacts our community.

Post pictures and stories and tag our social channels to **win a Polk County 4-H swag bag**. The competition begins Sunday, October 7 and ends 8:00 am Monday, October 15. Here are the details:

- **POST IT!** Be sure to tag our Polk County 4-H social channels: [Facebook](#), [Twitter](#) or [Instagram](#) (Better yet, post on all three!)
- **HASHTAG IT!** Be sure to use **both #PolkCo4HInspires AND #InspireKidsToDo**
- **MAKE YOUR POST PUBLIC!** Get your friends to like, share or retweet! The original post with the most Likes wins.
- **WIN IT!** The winner will be announced Monday, October 15. Winning entries must include both hashtags.

Polk County 4-H is proud to celebrate the Clubs in our community! Club leaders and members start your planning today!