



Mistahe Astêw Mîcôwin:

Food Security Art Contest



MÉTIS NATION
BRITISH COLUMBIA

Contest Details and Rules

Entry Information

- This contest is open to Métis folks living in British Columbia. Participants must be MNBC Citizens or self-identify as Métis.
- Only one entry per participant will be accepted.
- No entry fees apply.
- All entries must be submitted online starting on contest opening day on May 25, 2026 until closing day on July 12, 2026.
- Entries must be submitted by 11:59:59 pm PT on July 12, 2026.
- Entries must include:
 - Original artwork
 - Artist statement
 - Artist biography
 - Completed contest entry form

Artwork Criteria

- Artwork must reflect your connection and perspectives on Métis food security, food systems and/or food ways in British Columbia. Let's explore how the land nourishes us, celebrate some cultural food traditions, create solutions for sustainable agriculture, or tell stories about Métis resilience or transformation related to food practices. Show us how you put food on the table or something that represents food systems to you.
- Artwork can be created in any still medium, including: painting, photography, sculpture, beadwork, collage, drawing, fibre art, digital art, mixed media, etc.
- All artwork must be original and created solely by the Métis Citizen submitting the entry.

Ineligible Entries

- Plagiarized work or artwork that has been traced from other sources will not be accepted. Artwork submitted must be created by the artist and should not be heavily based on images found online or in print.
- No copyrighted materials may be used in this contest.
- Artwork created using or generated by artificial intelligence (AI) will not be accepted.

Artist Statement Criteria

- The artist statement should be 300–500 words and explain the artist’s interpretation of the theme, the creative process, and the personal or cultural connection to the artwork.
- The artist statement may use the following prompts, but are not required to:
 - **Subject:** Describe the food practices and food systems that symbolize the subject you’ve chosen and why it’s meaningful to you.
 - **Your Purpose:** What do you want the viewer to understand or feel from your artwork?
 - **Influences:** Are there any cultural, environmental, or artistic influences that have shaped your work?
 - **Your Perspective:** How does your personal background or experience relate to the contest theme?
 - **Materials and Medium:** Explain the materials or techniques you used (e.g., painting, photography, digital art, sculpture).

Submission Process

To enter the Mistahé Astêw Mîcôwin: Food Security Art Contest, participants must follow the steps on the online submission form:

1. Complete the contest entry form:

- Participants must provide all required personal information and agree to all contest rules.
- For participants under 18 years old, a parent or legal guardian must complete the online contest entry form and agree to the rules and other contest terms on behalf of the participant.

2. Submit artist biography:

- Participants must include a short biography of approximately 30–100 words.
- The biography can include personal details such as hobbies, occupation, or interests to provide insight into the artist’s background.

3. Submit artist statement:

- The artist statement should be 300–500 words and explain the artist’s interpretation of the theme, the creative process, and the personal or cultural connection to the artwork.
- Insert your artist statement in the text box provided.

4. Submit artwork:

- Upload a high-resolution image of the artwork (maximum 200MB).
- For non-digital artwork, scan your piece at 300 DPI, or photograph it on a flat surface or wall with natural lighting. Ensure that the camera is directly in front (not at an angle), and that there are no shadows or distracting backgrounds.
- Accepted formats for the artwork: JPG, PNG, PDF, TIFF

For any questions or support, please contact foodsecurity@mnbc.ca.

Prizes

The following prizes will be awarded to contest participants:

- **One (1) grand prize selected artist** will receive a \$500 prize and will be used as the main artwork for upcoming MNBC food related documents.
- **Five (5) runner up selected artists** will receive a \$100 prize and will be used as featured artwork for upcoming MNBC food related documents.

Disclaimer: If MNBC does not receive a sufficient quality or quantity of entries, MNBC reserves the right not to award any prizes.

Note: MNBC staff are not eligible for cash prizes, but will receive gifts of equal value if selected. Please contact us for other ways you can be compensated foodsecurity@mnbc.ca.

Judging Process

- Each eligible entry will be judged by a panel composed of MNBC staff.
- Judging will be anonymous. Participants' personal information will not be shared with the judges.
- The decisions of the panel are final. No appeals will be considered.

Judging Criteria

The judges will evaluate the artwork based on the following criteria:

- **Interpretation:** How well the artwork reflects the contest theme and conveys the message or story.
- **Creativity:** The originality and innovation of the design, showing a Métis perspective on food security, food systems and/or food ways.

- **Presentation:** The overall execution of the artwork, including attention to detail and visual impact.
- **Artist Statement:** The artist statement explaining the artist's interpretation of the theme, the creative process, and the personal or cultural connection to the artwork.

Compliance with the Rules

- Entries that do not comply with these rules will not be considered and will be deemed void.
- Any false or misleading information provided in the entry or on the competition entry form may result in disqualification from the contest.
- Entries that contain inappropriate content or are not in line with MNBC's values will not be accepted.
- MNBC staff will work with participants as needed to help submissions meet the required formatting and resolution. If participants are unable to achieve the desired formatting and resolution, their entries may be disqualified.

General Rules

- By entering the contest, participants grant MNBC the right to display their artwork and artist statement in advertisements, publications, promotions for the purpose of this art contest. Artists will be credited with their name, age, and Region, and the artwork will remain their property.
- For all additional use of the artwork, participants will be contacted for permission.
- MNBC reserves the right to crop or adjust the artwork for display purposes. Any adaptations will be done with the artist's intent and work in mind.
- MNBC will not use any artwork submitted for financial gain.
- MNBC reserves the right to make minor changes to the artist's statement and bio, such as editing for clarity and grammar, without notice. Any major changes must be approved by the participant.
- MNBC reserves the right to modify or cancel the contest for any reason. Participants will be notified of any changes.