



Highlight your Successes at the 64th SNA of Ohio Annual Conference!

SNA of Ohio Member:

In our effort to focus on technology use at this year's annual conference, we are accepting videos from SNA of Ohio members that highlight their school nutrition successes! Our intent is to share some/all of videos received at the SNA of Ohio Annual Conference in Cincinnati June 5-7, 2018. We also plan to share some/all of these videos on SNA of Ohio's social media sites. We feel that these videos will educate, entertain AND uplift our members, so please create and submit a video to share your success!

Video Parameters and Delivery:

- Each video should be two minutes MAXIMUM in length.
- Video (link or video file) must be received by the SNA of Ohio office no later than May 7, 2018.
- You may shoot your video and upload to an online site and send the video link to tracey@assnoffices.com. This method is preferred. However, if you wish to submit a video file, please email tracey@assnoffices.com to request the SNA of Ohio Video dropbox folder link to upload your video file. Video files should be in one of the following formats: **.mov, .avi, MPEG2, MPEG4, H.264.**

Tips for shooting your video:

- Location – An area that is well-lit (near windows possibly) and quiet (pay attention to vents in a room, for example, that may add background noise). Shoot in an open space.
- **Shoot videos horizontal only, if using your phone (turn your phone sideways).**
- Use a tripod, if possible, or lean your camera/phone/tablet against something to steady it.
- **Ask your students for help in shooting your video! Check out technology-related classes at your school for assistance! (Your students can even possibly add music, text, photos, animations, etc. to make your video unique!)**
- **Wardrobe advice:** Generally, most wardrobe choices that you might wear to the workplace are fine for a video; however, there are some choices that might not appear the best on camera:
 - Close, high-contrast pin stripes, corduroy and herringbone all create a wavy rainbow-colored pattern that looks disorienting on video. I would probably avoid any herringbone, houndstooth, corduroy, and busy plaids.
 - As far as color: blues, greens, grays and earth tones all work great for video. Bright red or orange colors may glow if it is not a darker color, such as a crimson or maroon.
 - In addition, be sure to pick something that stands out against the background. For example, if you are in front of a black background, and are wearing a black blazer, you might blend it and create a confusing image.
 - Jewelry should be non-reflective, and not sparkling.