



ACORNS Digital Photo Project

A picture is worth a thousand words

- ▶ We are looking for photographs that have the ability to convey the story of your ACORNS projects to those that view them.
- ▶ We would like you to capture aspects of your environment and experiences to share with others.
- ▶ We hope these images can be used to raise the consciousness of the general public and of policy makers about shaping healthful public policy.
- ▶ The final project should include at minimum 10 photos.



Themes to keep in mind

- ▶ What does health and wellness look like?
- ▶ What are strengths and challenges that effect achieving wellness in our communities?
- ▶ Images that emphasize individual and community action.



View point

- ▶ Before photographing your subject, take time to think about where you will shoot it from.
- ▶ Our viewpoint has a massive impact on the composition of our photo, and as a result it can greatly affect the message that the shot conveys.
- ▶ Rather than just shooting from eye level, consider photographing from high above, down at ground level, from the side, from the back, from a long way away, from very close up, and so on.



Photo composition

- ▶ It is easy to have your subject become lost in a busy or cluttered image. Whenever possible, try composing so nothing competes with the subject.



Garden photos

- ▶ It is often best to photograph gardens and plants early in the morning or late in the evening.
 - The sun will be low in the sky and not harsh.
- ▶ Sometimes, it can also be great to photograph gardens at midday, but only if there is some cloud cover.
 - A bright but overcast day can provide good conditions all day long.



Photographing people

- ▶ Please ask permission.
 - Although photo releases are not required we cannot use photos that do not include releases.
- ▶ Make sure there is space above the subject's head.
- ▶ Avoid cropping off your subject's hands or feet – either leave them in or crop in tighter to the knees and elbows.
- ▶ Photographing in direct sunlight can cause harsh shadows.
 - If you can find some shade to take photos this is your best option.



Example



Example



Example



Example



Submitting photos

- ▶ Please use the memory card and usb memory card reader to access photos on your computer
- ▶ Photo files should be sent in the highest resolution in electronic format to Virginia.hedrick@crihb.org
- ▶ Be careful not to submit more than 10mb of photos at once.
 - We do have a file sharing website we can use if this is requested.
- ▶ Please do not:
 - Print and scan photos
 - Insert photos into document



Thanks!

ACORNS Website:

www.crihbacorns.org

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