

# Houston Money Week



# YOUR BLUEPRINT FOR A HEALTHIER BODY, MIND, AND BUDGET

2026  
ESSAY  
CONTEST

Think you've got what it takes to combine creativity and financial savvy?  
Show off your skills in our Essay Contest

## CASH PRIZE FOR WINNERS IN EACH CATEGORY!

Middle School  
\$250

High School  
\$500

College/University  
\$1000

Adult  
\$1000

65+ Citizens  
\$1000

Submission Deadline: The deadline is May 31st, 2026

## 2026 PROMPT

Money can influence more than just what we can afford. It can also affect our mental, physical, and emotional well being. Research has found that financial stress is consistently linked to higher depression in adults, and in 2024, 36.9% of adults with depression and medical debt delayed mental health care, compared to 17.4% of those without medical debt. Studies also show that healthier eating can cost about \$1.48 more per day, revealing how financial strain can impact nutrition and overall health. With this in mind, write 500-750 words about a time when money affected your health or the health of someone you know, whether physical, mental, or both.



For More Information visit  
[HoustonMoneyWeek.org/essay-contest/](https://HoustonMoneyWeek.org/essay-contest/)  
Email: [Ben@houstonmoneyweek.org](mailto:Ben@houstonmoneyweek.org)



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