



family day

a day to eat dinner with your children™

SEPTEMBER 27, 2010

PLANNING GUIDE
For Schools and Community Organizations

What is Family Day?

Family Day - A Day to Eat Dinner with Your Children™ is a national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free.

While there are no silver bullets to prevent substance abuse, the sharing and conversations at the dinner table can be a simple and easy part of the solution.

Family Day began as a grassroots initiative and has grown to become a nationwide celebration. In fact, in 2009 President Obama, all 50 Governors and more than 1,000 Mayors and County Executives proclaimed and supported Family Day!

Join us on September 27, 2010!



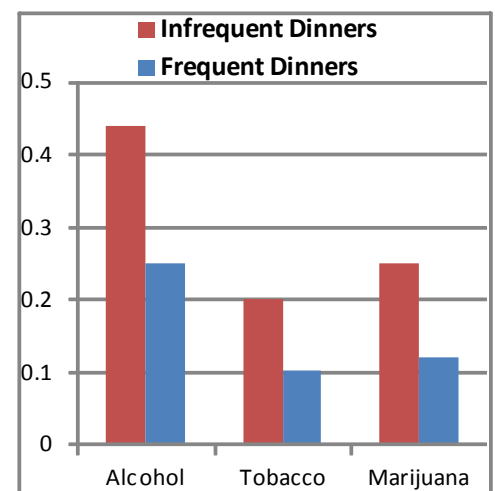
Dinner Makes a Difference!

More than a decade of research shows that the more often kids eat dinner with their families, the less likely they are to smoke, drink, or use drugs!

Dinner is an ideal time for families to engage in conversations that help them learn more about their children's lives and the challenges they face.

Youth who eat frequent family dinners eat more vegetables and have better overall nutrition.

Dinner Makes A Difference!



Youth who had frequent family dinners were half as likely to have tried alcohol, tobacco or marijuana.

5 Easy Ways to Promote Family Day

Over 300 non-profit and faith-based organizations celebrated Family Day in 2009! If you are ready to join them this year, here are some quick ideas to get you started.



Mention **Family Day** in your e-mails, newsletter or website.

Encourage parents to visit casafamilyday.org and take the "STAR" pledge on the site.



Host a **Family Day Event**, such as a potluck dinner, barbeque, or cook-off.
Make sure to invite the press!

Order Family Day brochures, magnets, and supplies from casafamilyday.org.

Distribute and post them at your school, office, or events.

Have families send in photos of their Family Day activities.

Feature these photographs in your newsletter or website.



Ask local restaurants or grocery stores to partner with you to offer **Family Day discounts**.





Celebrating Family Day? Let us know!

Email us with your answers to the following questions:

1. What is your organization doing to promote Family Day?
2. What additional information or resources would help you promote Family Day in your community next year?

Send your answers to Pauline Stauder at pstauder@ochca.com and you'll be entered for a chance to win **\$100 of educational or art-related supplies FREE** for your organization!

Recommended Resources



Partnership for a Drug-Free America

www.drugfree.org

An interactive website where parents can dialogue, get expert advice, and find information and support to keep their kids drug-free.



The Family Day Official Website

www.casafamilyday.org

Get more information, order promotional materials and download resources to celebrate Family Day in your community.



Network for a Healthy California

cachampionsforchange.net

A curriculum and toolkit for community educators to help promote healthy nutrition and exercise habits among low-income adults.

Family Day - A Day to Eat Dinner with Your Children™ is brought to you locally by:



The Prevention Coalitions of Orange County - Family Day Planning Committee
pstauder@ochca.com | (714) 834-2094



The County of Orange Health Care Agency - Alcohol and Drug Education and Prevention Team
www.ochealthinfo.com/adept | (714) 834-4058