



family day

a day to eat dinner with your children TM

SEPTEMBER 24, 2012

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 2011 President Obama, all 50 Governors and more than 1,000 Mayors and County Executives proclaimed and supported Family Day!

Join us on September 24, 2012!



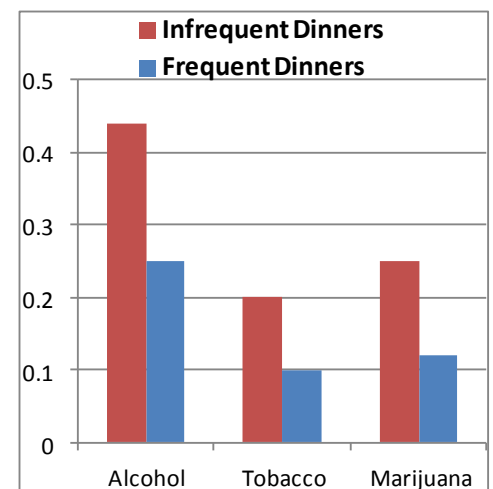
Dinner Makes a Difference!

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.
- Are more likely to think their parents are proud of them.
- Are more likely to get A's and B's in school.



Youth who had frequent family dinners were half as likely to have tried alcohol, tobacco or marijuana (CASA 2010 Family Day Report).

Dinner Makes A Difference!



5 Easy Ways to Promote Family Day

Hundreds of community agencies, faith-based organizations and schools celebrated Family Day in 2011! If you are ready to join them this year, here are some quick ideas to get you started.



Mention Family Day in your mailers, 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. Have a poster contest with the kids drawing their favorite family gathering. Make sure to invite the press!

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

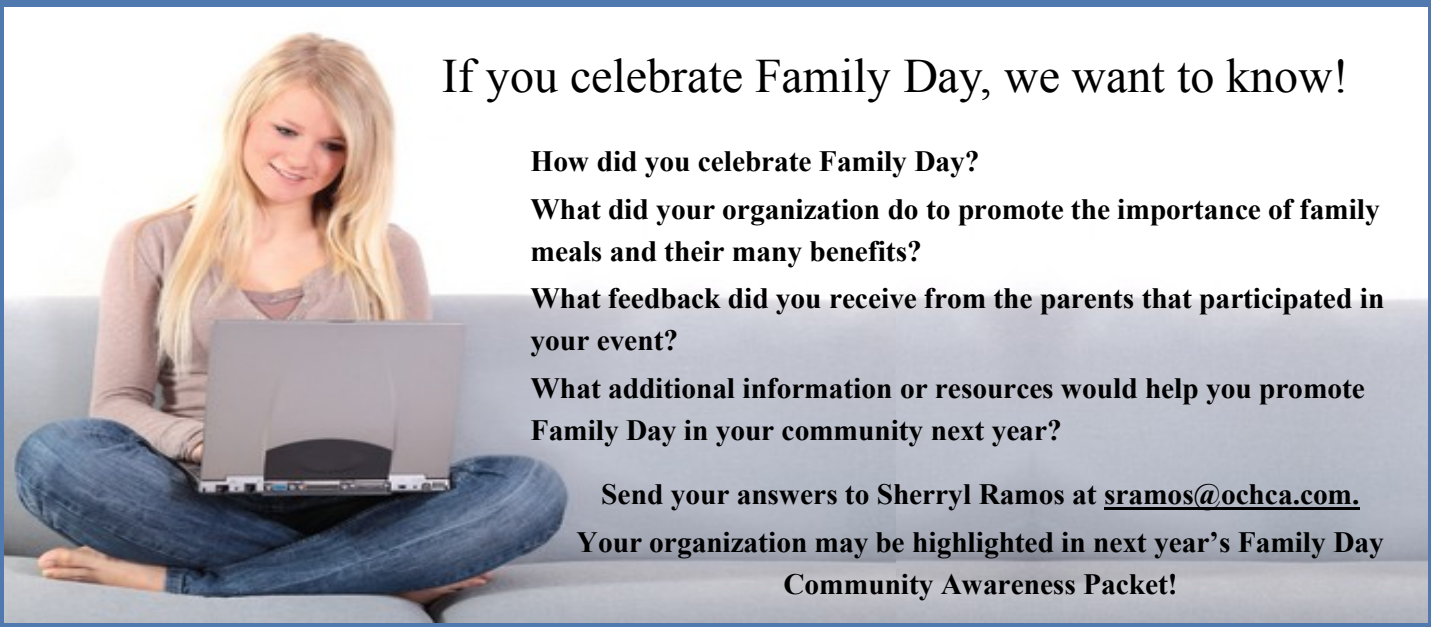
Distribute and post them at your school, office, or events.

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**.





If you celebrate Family Day, we want to know!

How did you celebrate Family Day?

What did your organization do to promote the importance of family meals and their many benefits?

What feedback did you receive from the parents that participated in your event?

What additional information or resources would help you promote Family Day in your community next year?

Send your answers to Sherryl Ramos at sramos@ochca.com.

Your organization may be highlighted in next year's Family Day Community Awareness Packet!

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.

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



The 2012 Family Day Planning Committee
sramos@ochca.com | (714) 834-4369



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