

Take the STAR Pledge and
stick it to your fridge!



I am a
Family Day STAR.

I pledge to:

Spend more time
with my kids at the dinner table

Talk to them
about their friends, their interests, and
the dangers of drugs and alcohol

Answer their questions
and listen to what they have to say

Recognize my power
to keep my kids healthy and drug-free

Parents /Guardians Sign Here

Recommended Resources



Get more information, fun ideas and materials to
celebrate Family Day with your family.



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.



ChooseMyPlate.gov

Everything you need to know about nutrition for you and
your family. Menu planning, tips for healthy eating, and
calorie information.



family day

a day to eat dinner with your children™

IN SEPTEMBER

**Family Day - A Day to Eat Dinner
with Your Children™**

is a national movement to promote family
dinners as an easy way to help keep kids
healthy and drug-free.

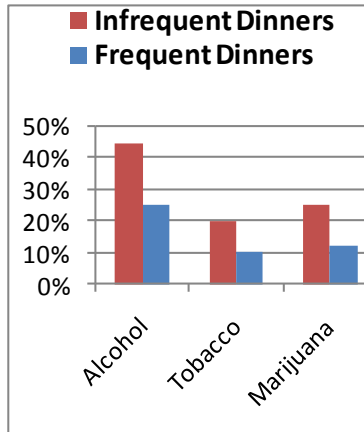
Dinner Makes a Difference!

Research consistently shows that the more often kids eat dinner with their families, **the less likely they are to smoke, drink, or use drugs!**

Dinner brings your family together and is a great time to talk with your kids and learn more about their lives.

Youth who eat frequent family dinners:

- Have positive friendships
- 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.
- Have better communication with their parents



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



Easy Recipe: Baked Chicken Flautas

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 8 (6-inch) flour tortillas
- 1 1/3 cups shredded pepper jack cheese
- 1/2 cup canned green chiles, chopped
- Olive oil

Directions:

Preheat oven to 400°F. Heat oil in a large skillet over medium heat. Add chicken and sauté 5 minutes, until browned on all sides. Add green chiles and cook 1 minute, then remove from heat. Arrange tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture, then top chicken mixture with cheese. Roll up tortillas and place on a lightly greased baking sheet. Bake 10 minutes, until cheese melts.

Serve with your favorite salsa, and a side of rice and beans.

Quick Tips for Family Dinners

You're a busy person.

How can you find time to sit down and eat with your family? How can you get started?

1. Set a goal.

Start with Family Day, then try to eat together once a week. Work your way up and see what works for you.

2. Get the family involved.

Have everyone (kids included) help prepare the meal (washing vegetables, preparing ingredients, stirring food) and set the table.

3. Be prepared.

Keep your kitchen stocked with ingredients for healthy meals, including plenty of fruits and vegetables.

4. Keep it fun.

Save the serious discussions for another time. Family meals are for nourishment, comfort and support, not for punishment and argument.

5. Go to a restaurant if you need to.

If there's no time to prepare a meal, find a healthy alternative at your family's favorite restaurant. It's not the food...it's the company and conversation that count.