

FAMILY DAY

## PARENT PLEDGE



I Support Family Day - I Pledge To:

- Eat dinner with my family on Family Day. Studies have shown that more frequent family dinners can lead to less risky behavior down the road.
- Have dinner together four or more times per week to protect my children.
- Visit [www.ffamilyday.com](http://www.ffamilyday.com) to learn more and spread the message to family and friends.

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Mobile Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ School \_\_\_\_\_

Please add me to the Informed Families email list to receive free parenting and prevention information.



Post a photo of your family eating dinner together on social media for a chance to win one of three \$100 Publix gift cards. Learn more at [ffamilyday.com](http://ffamilyday.com)

Special Thanks To Our Funder:

