

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.flfamilyday.com](http://www.flfamilyday.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 using hashtag #FLFamilyDay for a chance to win one of three \$100 Publix gift cards.

Special Thanks To Our Funder:  


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