




A family is only as strong as its foundation. Coming together at dinnertime each day not only keeps a family involved with each other, but also creates a network of communication and support.

Visit [www.flfamilyday.com](http://www.flfamilyday.com) for fun family dinner activities, recipes and more. Then, enter our Family Day Photo Contest for a chance to win one of three \$100 Publix Gift Cards. Take a photo of your family eating dinner together and share it with us on social media. Post it on our Facebook page or send it in a Facebook message to us. Or post it on Twitter or Instagram using #FLFamilyDay.

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*Family Day*

Stand up for sitting down.

**9.28.15**

