FAMILY DAY

YOUTH PLEDGE





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I Support Family Day - I Pledge To:

- Eat dinner with my family on Family Day. Studies have shown that more frequent family dinners can help me grow up safe, healthy & drug free.
- Encourage my family to eat dinner together four or more times per week.
- Visit www.fifamilyday.com to learn more and spread the message to family and friends.

Name	Grade

Post a photo of your family eating dinner together on social media using hashtag #FLFamilyDay for a chance to win one

School



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of three \$100 Publix gift cards.





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Special Thanks To Our Funder

Grade _

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