

FAMILY DAY

YOUTH 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 help me grow up safe, healthy & drug free.

Encourage my family to eat dinner together four or more times per week.

Visit www.flfamilyday.com to learn more and spread the message to family and friends.

Name

Grade

School

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.

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