

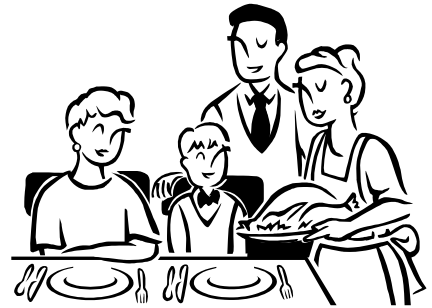
Eat Right, Play Hard Challenge 2008-2009

Family Day - A Day to Eat Dinner with Your Children

Our school is participating in the Bergen County Eat Right, Play Hard Challenge. You can take part by planning a family dinner on:

7 Secrets to Successful Family Dinners

1. Start the pattern of family dinners when children are young
2. Encourage your children to create menu ideas and participate in meal preparation
3. Turn off the TV and let your answering machine answer calls during dinnertime
4. Talk about what happened in everyone's day: school, work, extracurricular activities or current events
5. Establish a routine to start and end each meal. Light candles or tell a story
6. After dinner play a board game or serve dessert to encourage the family to continue the conversation
7. Keep conversation positive and make sure everyone gets a chance to speak



More than a decade of research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University has consistently found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

Research in adolescents has also found that eating family meals is associated with better nutritional intake. Family meals

during adolescence may have a lasting positive influence on dietary quality and meal patterns in young adulthood.



Please sign, indicate when you had a family dinner and

return this form by _____.

Name: _____

Date: _____

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