

Take the STAR Pledge and  
stick it to your fridge!

I am a  
**Family Day STAR.**

I pledge to:

Spend more time  
with my kids at the dinner table

Talk to them  
about their friends, their interests, and  
the dangers of drugs and alcohol

Answer their questions  
and listen to what they have to say

Recognize my power  
to keep my kids healthy and drug-free

Parents /Guardians Sign Here

## Recommended Resources



Get more information, fun ideas and materials to  
celebrate Family Day with your family.



Partnership for a Drug-Free America

[www.drugfree.org](http://www.drugfree.org)

An interactive website where parents can dialogue, get  
expert advice, and find information and support to keep  
their kids drug-free.



[www.myhealthoc.org](http://www.myhealthoc.org)

EAT. PLAY. BREATHE.

"MyHealthOC" is a website developed to help residents in Orange County make three small changes in their daily lives that can have significant impacts on health and quality of life – eat fresh, play some way, and breathe smoke-free, every day. We compiled the best available resources on the web that provide access to simple tools and information to help people live a healthier lifestyle. Here you can find:

- Information and tips for healthy eating
- Fun physical activity ideas and local active events & places
- Information and local support for smokers wanting to quit

Caring for yourself doesn't have to be difficult. Join us in the Orange County area and together we will eat, play and breathe better.



# family day

a day to eat dinner with your children

IN SEPTEMBER

**Family Day - A Day to Eat Dinner  
with Your Children™**

is a national movement to promote family dinners as an easy way to help keep kids healthy and drug-free.



Health Care Agency  
Alcohol & Drug Education &  
Prevention Team (ADEPT)  
[www.ochealthinfo.com/adept](http://www.ochealthinfo.com/adept)  
(714) 834-4058

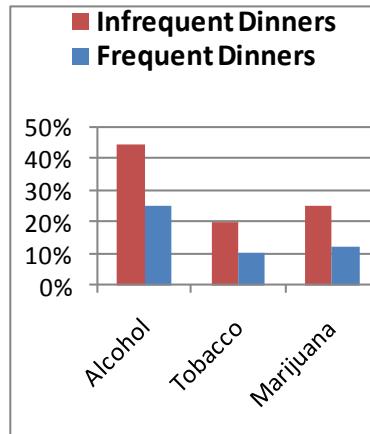
# Dinner Makes a Difference!

Research consistently shows that the more often kids eat dinner with their families, **the less likely they are to smoke, drink, or use drugs!**

Dinner brings your family together and is a great time to talk with your kids and learn more about their lives.

## Youth who eat frequent family dinners:

- Have positive friendships
- Eat more vegetables and have better overall nutrition.
- Are more likely to think their parents are proud of them.
- Are more likely to get A's and B's in school.
- Have better communication with their parents



*Youth who had frequent family dinners were half as likely to have tried alcohol, tobacco or marijuana.*

## Easy Recipe: Baked Chicken Flautas

### Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 8 (6-inch) flour tortillas
- 1 1/3 cups shredded pepper jack cheese
- 1/2 cup canned green chiles, chopped
- Olive oil

### Directions:

Preheat oven to 400°F. Heat oil in a large skillet over medium heat. Add chicken and sauté 5 minutes, until browned on all sides. Add green chiles and cook 1 minute, then remove from heat. Arrange tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture, then top chicken mixture with cheese. Roll up tortillas and place on a lightly greased baking sheet. Bake 10 minutes, until cheese melts.

Serve with your favorite salsa, and a side of rice and beans.



## Quick Tips for Family Dinners

### You're a busy person.

How can you find time to sit down and eat with your family? How can you get started?

### 1. Set a goal.

Start with Family Day, then try to eat together once a week. Work your way up and see what works for you.

### 2. Get the family involved.

Have everyone (kids included) help prepare the meal (washing vegetables, preparing ingredients, stirring food) and set the table.

### 3. Be prepared.

Keep your kitchen stocked with ingredients for healthy meals, including plenty of fruits and vegetables.

### 4. Keep it fun.

Save the serious discussions for another time. Family meals are for nourishment, comfort and support, not for punishment and argument.

### 5. Go to a restaurant if you need to.

If there's no time to prepare a meal, find a healthy alternative at your family's favorite restaurant. It's not the food...it's the company and conversation that count.