



TEN BENEFITS OF FREQUENT FAMILY DINNERS

The children and teens in families that have frequent dinners together are less likely to smoke, drink and use drugs. The children and teens in these families:

1. Are at half the risk of substance abuse compared to teens who eat dinner with their families infrequently.
2. Are less likely to have friends who use illicit drugs or abuse prescription drugs.
3. Have lower levels of tension and stress at home.
4. Are more likely to say their parents are proud of them.
5. Are likelier to say they can confide in their parents.
6. Are likelier to get better grades in school.
7. Are more likely to be emotionally content and have positive peer relationships.
8. Have healthier eating habits.
9. Are at lower risk for thoughts of suicide.
10. Are less likely to try marijuana or have friends who use marijuana.

Family meals alone may not result in the desired benefits. The important component is sharing an interest in your children and teens and their lives.

Sharing frequent meals with your family can open the door to healthier family relationships.

The data in this brochure is from the National Center on Addiction and Substance Abuse (CASA) at Columbia University and the CASA 2007 National Survey of American Attitudes on Substance Abuse XII: Teens and Parents.



Family Meals

a good habit to get into



Share More Than Meals

'Parent Power' is the single most potent and underutilized tool in preventing underage and high-risk drinking and in raising healthier children.

Number of Family Meals Per Week	Percent Teens Who Drink Alcohol
0-2	52%
5-7	30%

Since 1998, research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University has consistently shown that teens who have frequent family dinners are at **half the risk** for substance abuse compared to teens who rarely dine with their families.

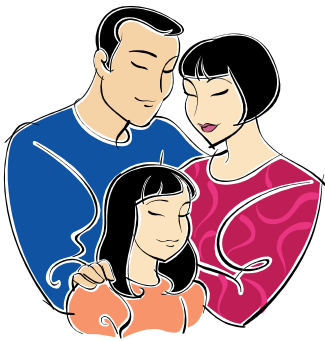
Participating Agencies

Amador-Tuolumne Community Action Agency (ATCAA), Infant Child Enrichment Services (ICES), Mountain Women's Resource Center (MWRC), Tuolumne County Recreation Department (TCRD), Women, Infants, and Children (WIC), Jamestown Family Resource Center (JFRC), Tuolumne County Behavioral Health Department, Lilliput Children's Services, University of California Cooperative Extension (UCCE), Pak 'n Save.



FOOD FOR THOUGHT...

"America's drug problem is not going to be solved in courtrooms.....it will be solved in living rooms and dining rooms and across kitchen tables - by parents and families," says Joseph A. Califano, Jr., CASA's chairman and president.



Sharing meals with your family is fun and the perfect time to talk to your children. Meal time can be any time or place. Try starting the day with a family breakfast, or take your food to

the soccer field, or even spreading the table cloth out on the family room floor for a picnic.

Here are some conversation starters to help initiate discussions around the table. Have one person at the table start by reading the word on the card and talk about it. Then go around the table.



TAKE THE PLEDGE TO HAVE FREQUENT FAMILY MEALS



SHARE MORE THAN MEALS

I understand making this commitment to sharing meals with my family may help us to:

- ◆ Strengthen communication
- ◆ Support healthy eating habits, good grades
- ◆ Prevent substance abuse
- ◆ Laugh ☺

YES I am committed to having _____ meals a week

Name _____

Date _____

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