

In This Issue

["Got a Minute? Eat with Me" Prizes](#)

[Sign the Pledge Today!](#)

Prizes!

Grand Prize: An overnight stay to the Grand Harbor Resort in Dubuque, IA and 4 passes to the water park

1st Runner Up Prize: Family membership to the YWCA in Clinton

2nd Runner Up Prize: Casserole dish and recipe book from Celebrating Home

Extra Entries for the Prize Drawing

Did you know that you can get extra entries in the prize drawing? Check out our Fun Family Uploads page and upload a family photo, recipe, or story and get up to 4 extra entries each month!

[Family Fun Uploads](#)

Visit Our Website!

www.gotaminuteclinton.com

"Got a Minute? Eat with Me"



Dear Derek,

Welcome to the "Got a Minute? Eat with Me" campaign newsletter! This campaign promotes family meals as a way to reduce your child's risk of substance abuse by 50%, while building family bonds and creating lasting memories. Aim for 4 or more meals a week...it could be the most important time of their day.

Sign the Pledge Today!



By signing the pledge, your family is making the commitment of eating family meals together at least 4 times each week. We will add your family's name to our pledge list if you sign the

pledge and take on the commitment. If your family signs the pledge before Thanksgiving Day 2010, you will be put in a drawing for some great prizes! To be eligible for the drawings please make sure to do the following:

(1) Sign the "Got a Minute? Eat with Me" pledge to eat 4 or more meals a week as a family. The campaign starts Thanksgiving Day 2010 and ends on February 31st, 2011.

(2) Print your pledge card and place it on your fridge. (Individuals who signed the pledge at one of our events received a magnet version of the pledge.)

(3) Completely fill out the instant online 6 question pre-survey.

(4) At the conclusion of the campaign, you will be asked to complete a instant online 6 question post survey. You must fill out the post survey at the conclusion of the campaign to be eligible to win the contest.

[Join the Pledge!](#)

Thanks for taking a "minute" to make a difference in your child's life! Feel free to contact me with any questions you might have.

Sincerely,

Crystal Lawburgh and "Got a Minute? Eat with Me" partners
Clinton Substance Abuse Council
563-241-4371
crystal@csaciowa.org

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