

Dear Pledge Family,

Congratulations on taking the pledge! As you are aware, the pledge is to eat at least 4 family meals together each week to build lasting relationships and memories, while reducing the risk that your child will use alcohol or drugs. This campaign will begin December 1<sup>st</sup>, 2011 and run through February 29<sup>th</sup>, 2012. We aren't saying that your child will someday use alcohol or drugs, but wouldn't you do everything you could as a parent to minimize those odds? Not only are family meals important quality time for your family, but studies have shown that eating together at least 4 meals a week could reduce your child's likelihood to abuse drugs and alcohol by 50% according to the National Center on Addiction and Substance Abuse (CASA) at Columbia University. With open communication, stability and routine, children are less likely to use alcohol or drugs.

The benefits of committing to the "Got a Minute? Eat with Me" pledge:

- You will:
  - Receive a Family Fun Passport which allows you to free family activities in the community.
  - Receive a monthly e-newsletter which includes:
    - Tips on how to fit family meals into your busy schedule;
    - Delicious recipes you can make together as a family;
    - Conversation starters to keep the communication flowing;
    - Information on alcohol and drug issues.
  - Be able to view a list of restaurants offering "kids eat free" nights.
  - Be entered into our drawing to win some great prizes.
  - Be able to upload fun family stories, photos, and recipes to get more entries in the prize drawing.

Don't forget to eat with your family at least 4 times a week; any meal of the day will do! Choose the meal that works best for you and your family's schedule. At the conclusion of the campaign, we will ask you to complete a post survey so please be watching your email for this. You must complete the pre and post survey to be eligible to win a prize.

Be sure to check your email for updates and to periodically check out our website at [www.gotaminuteclinton.com](http://www.gotaminuteclinton.com) to read up on tips, get more entries in our prize drawing, get new recipes, learn about upcoming events, and more. Enjoy your meals together as a family!

Sincerely,

***Got A Minute? Eat with Me*** Sponsors

563-241-4371