



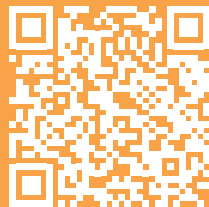
A family is only as strong as its foundation. Coming together at dinnertime each day not only keeps a family involved with each other, but also creates a network of communication and support. Use family dinner as an opportunity to really connect with your children.

Visit www.flfamilyday.com for fun family dinner activities, recipes and more. Then, enter our Family Day Photo Contest for a chance to win one of three \$100 Publix Gift Cards. Take a photo of your family eating dinner together and share it with us on social media. Post it on the Informed Families Facebook page or send it in a Facebook message to Informed Families. Or post it on Twitter or Instagram using #FLFamilyDay.

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Scan the QR code to learn more and take the pledge.

Family Days

#FLFamilyDay

4th Monday in September



Sponsored by Informed Families, CFCHS, Inc., Thriving Mind South Florida and the State of Florida, Department of Children and Families