



PRESS RELEASE

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FOR IMMEDIATE RELEASE

August 13, 2008

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Family Day — *A Day to Eat Dinner with Your Children*[™] is a national movement to remind parents that what their kids really want at the dinner table is THEM! The National Center on Addiction and Substance Abuse (CASA) at Columbia University launched *Family Day* in 2001 after CASA's research consistently found that children and teens who eat dinner with their families at least three times per week, have much lower rates of substance abuse (alcohol, tobacco and other drugs). *Family Day* is celebrated on the fourth Monday in September.

This year, Family Day is celebrated on September 22nd, and marks the third year that Tune In To Kids and the Washoe County School District have encouraged families to commit to eating a meal together on Family Day. During family meals, it's important for parents to turn off the TV and let incoming calls go to voicemail.

New this year, you can make your Family Day commitment by registering at TuneInToKids.org for a chance to win a celebration dinner with special guests Washoe County School District Superintendent Paul Dugan and celebrity chef Jennifer Bushman; Jennifer will prepare a unique dinner especially for the family. In addition, a Grand Prize Package valued at \$200 will be awarded.

To start the Family Day celebration early, enjoy *Kid Stuff Saturday* at the National Auto Museum on September 20th from 11-4. It will be a great time for the whole family with plenty of hands-on activities, cooking demonstrations by Jennifer Bushman and more! They guarantee you'll have lots to talk about at dinner on Monday at your Family Day celebration. For more information, call (775) 333-9300.

We want to hear from you about your Family Day experience! Post your comments on TuneInToKids.org, and you'll be entered to win one of three family cooking classes at Back of the House cooking school, valued at \$140.

For great ideas about how to make family meals more fun, visit TuneInToKids.org or www.CASAFamilyDay.org. You'll find recipes, conversation starters and more tips about how to keep kids substance free.