



Make Family Mealtime YOUR Real Happy Hour!

Family Mealtimes Provide Profound Benefits!

 The Real Happy Hour

 @Real_Happy Hour

www.therealhappyhour.org

According to a National Center on Addiction and Substance Abuse report in September 2011, children and teens who have infrequent family meals (less than 3 per week*) were:

- 4 TIMES as likely to use tobacco
- TWICE as likely to use alcohol
- 2.5 TIMES as likely to use marijuana
- 4 TIMES as likely to say they expect to try drugs in the future

*Compared to children and teens who have frequent family meals (5-7 per week)



Lodi Community Action Team (LCAT)

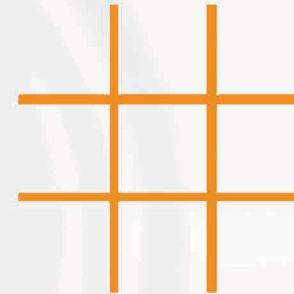
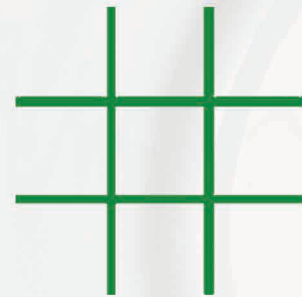
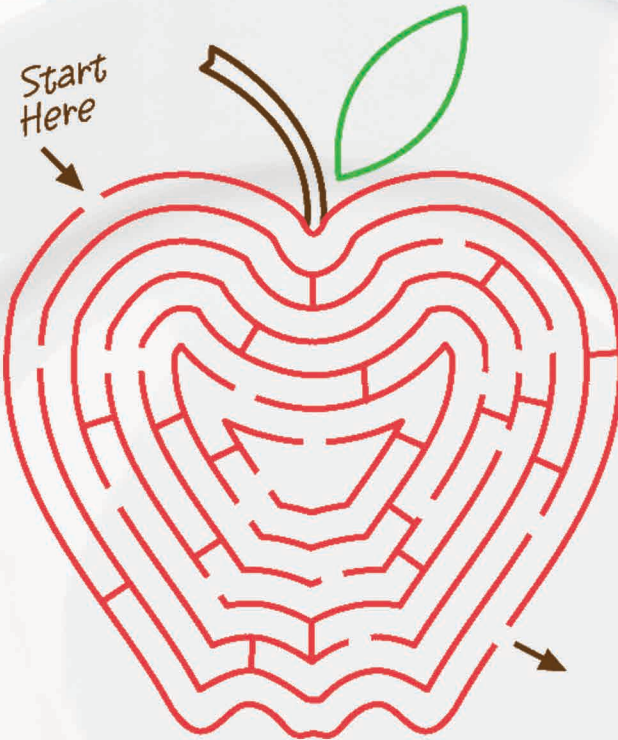
The Lodi Community Action Team promotes the creation of an environment that fosters healthy drug free choices among our youth.

 Lodi Community Action Team

 @lcat4youth

www.lodiaction.org

Family mealtimes foster family togetherness



S	F	A	M	I	L	Y	U	H	B
K	W	E	X	H	M	C	A	J	
T	O	G	E	T	H	E	R	P	C
H	P	B	L	M	E	A	Y	P	L
F	E	A	G	T	C	L	C	Y	N
V	E	C	R	I	B	S	F	U	E
H	W	A	E	E	T	A	O	L	A
C	M	G	R	L	N	O	O	U	T
S	R	O	H	H	K	T	D	U	W
K	I	D	S	N	Z	H	S	B	L

EAT
FAMILY
FOOD
HAPPY
HEALTHY
KIDS
MEALS
PARENTS
SMART
TOGETHER

Family mealtimes help prevent weight problems

Family mealtime helps children do well in school

Family mealtimes prevent behavior problems

Family mealtimes encourage healthy eating

Our REAL Happy Hour is _____.