



## **Family Dinner Week is 9/26-10/1**

*65% of Barrington 4th and 5th graders and  
45% of Barrington High School students  
eat 5-7 family dinners per week (2010)*

*Compared to young teens who have frequent family  
dinners, those who have infrequent family dinners are:*

*4x likelier to use tobacco  
6x likelier to use marijuana  
3x likelier to use alcohol*

- Create a tasty scavenger hunt: Hide the ingredients to a fun and fast meal. Follow the clues then make dinner together!
- What was your favorite book as a child? Find it at the library and read it outloud, as a family, after dinner.
- Use conversation starters such as: "If you could invent something new what would it be and why?"

Dinner makes a difference!

# **Parenting *is* prevention**

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