



# *Palm Beach County Substance Awareness Coalition* Strengthening Families Dinner Application

2300 High Ridge Blvd Boynton Beach, FL 33426  
Phone: 561-844-5952

Parental engagement matters! Over the past 15 years researchers have confirmed that parents have known for a long time: sharing a family meal is good for the spirit, the brain and the health of all family members. Recent studies link regular family dinners with many behaviors that parents pray for: lower rates of substance abuse, teen pregnancy and depression, as well as higher grade-point averages and self-esteem. (<http://thefamilydinnerproject.org/resources/faq/>)

Family Day is a national movement to celebrate parental engagement as an effective tool to help keep America's kids substance free. PBC Substance awareness Coalition is supporting this effort by engaging our community partners to participate in the *Strengthening Family Dinner*.

**Program Description:** Traditionally, the community partner hosts a potluck dinner for their community participants. On each table at the dinner, there are conversation starters, activity placemats and other activities are offered throughout the evening that supports increasing family bonds. A member from the host organization" will share a five minute speech on how eating four or more meals a week together creates a positive impact on children's health and well-being. At the end of the dinner each family member leaves with a Recipe for Family Success packet that provides additional resources and activity suggestions.

## **What the Coalition provides?**

- A short manual on how to host an effective Strengthening Family Dinner
  - Sign in sheet
  - Flyer
  - Recipe for Family Success packets.
  - Five minute written speech on the positive impact of regular family meals
- Designs and provides "Recipe for Family Success" packets.
- Up to \$250 for rental and /or supplies fee to each facility participating.  
(Funds are limited and based on attendance and impact in the community)

## **What we need from you?**

- Sign in Sheet
- Pictures
- Family Commitment cards (tear off)



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## Strengthening Families Dinner MOU

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**Coordinator Name:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip code:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Supplies Quantity** (1 per box family): \_\_\_\_\_

**Schedule Event date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Funds Requested (up to \$250):** \_\_\_\_\_  
(Funds are limited and based on attendance and impact in the community)

**I/we agree to provide all necessary documentation to Palm Beach County Substance Awareness Coalition no longer than 14 days after your event. Once all documentation is received invoices will be paid.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

**Send to:**  
Palm Beach County Substance Awareness Coalition  
2300 High Ridge Rd  
Boynton Beach, FL 33426

For question please contact us [info@pbcsac.org](mailto:info@pbcsac.org) or 561-844-5952

### INTERNAL USE ONLY

**Date Received** \_\_\_\_\_

**Initials** \_\_\_\_\_

**Documentation Received:** \_\_\_\_\_

**Initials** \_\_\_\_\_

**Payment Sent:** \_\_\_\_\_

**Check Number** \_\_\_\_\_

**Initials** \_\_\_\_\_