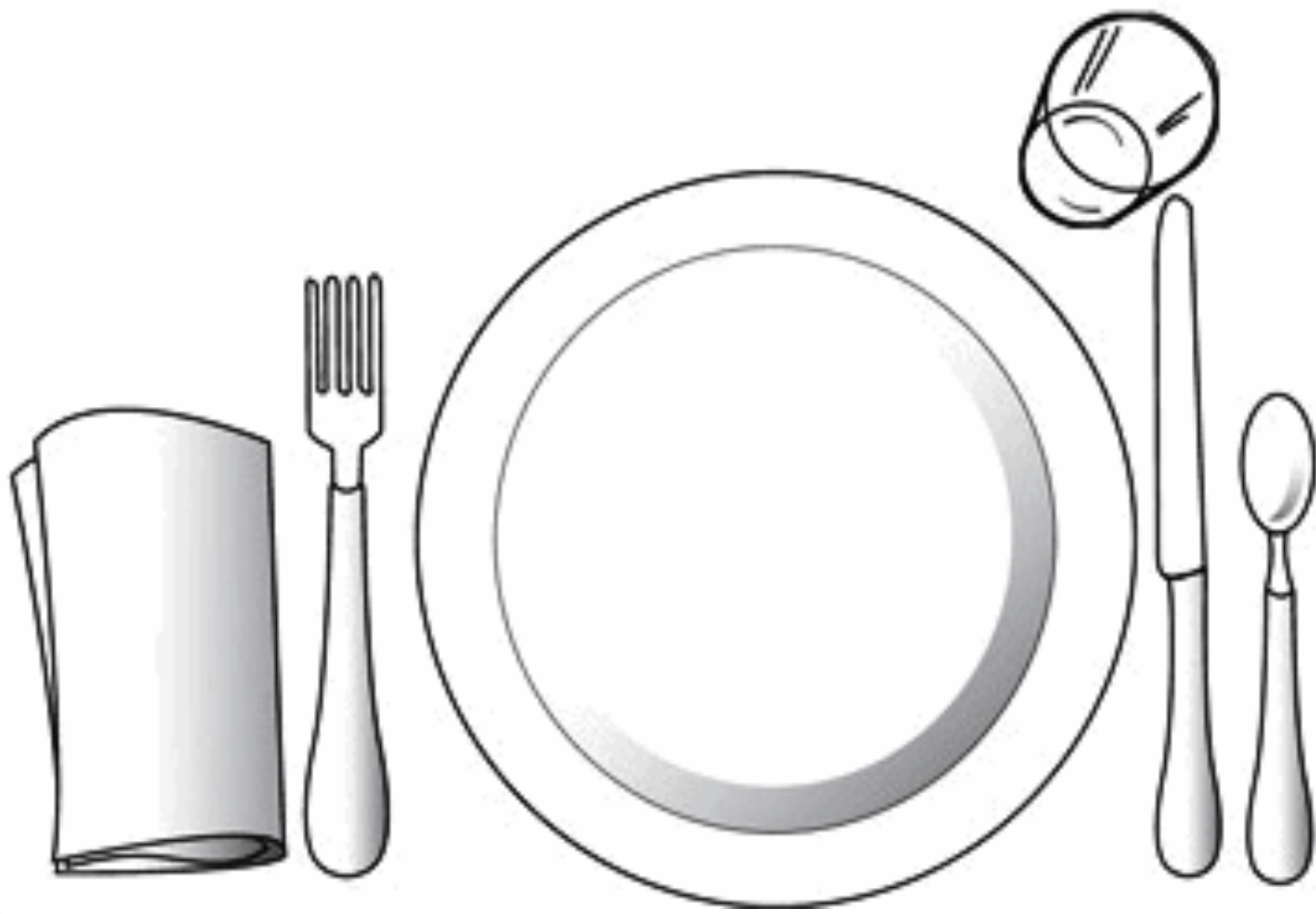


# Family Dinner





*Dinner is Better*  
WHEN WE EAT  
*Together*

"All great change in America begins at the **DINNER TABLE**"  
 (Ronald Reagan).

"Some of the most important **CONVERSATIONS** I've ever had occurred at my **FAMILY'S dinner table.**"  
 (Bob Ehrlich)

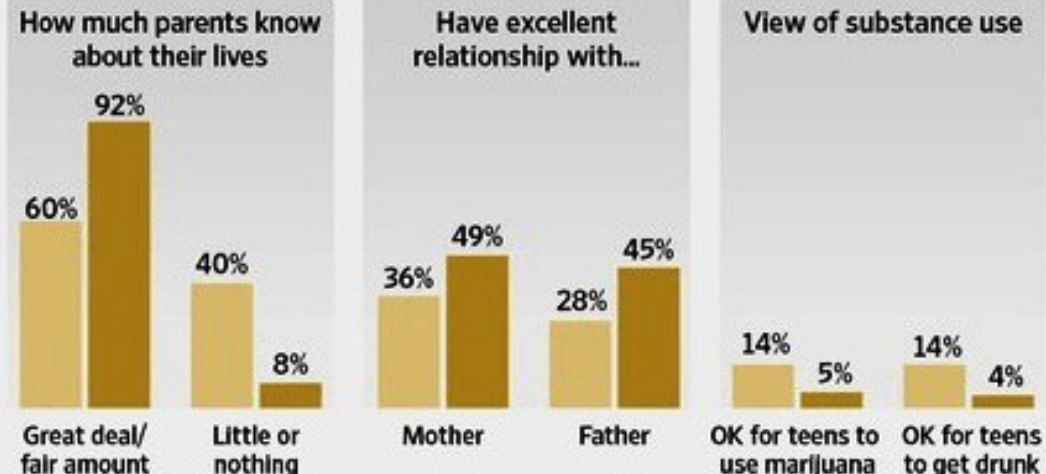
The LOVE of  
*a Family*  
 is LIFE'S  
 GREATEST BLESSING.

**FAMILIES THAT eat TOGETHER stay TOGETHER**

**Food for Thought** | An attempt to quantify the virtues of the family dinner

Percentage of teens reporting on each issue, by number of family dinners they have each week

0-2 dinners  
 5-7 dinners



Source: National Center on Addiction and Substance Abuse at Columbia University telephone survey of 1,003 12- to 17-year olds conducted between April 18 and May 17, 2012 with a margin of error of ±3.1 percentage points