

FOR IMMEDIATE RELEASE

CHEYENNE, Wyo. – If the words Apple Chips, Fruit Salsa, Cinnamon Sugar Chips begin to make your mouth water you're not alone. Wyoming families will have a chance to enjoy these and other healthy recipes in the Family Night cookbook. Wyoming is celebrating our ninth annual Wyoming First Lady's Family Night, a day to have dinner with your family, September 23rd. Every Wyoming fourth grader will receive a Family Night cookbook as part of the Family Night preparations with three additional inserts to follow throughout the year. They will also be available for download on WYOFAMS website at <http://www.wyofams.org/familynight.htm> .

“Children who spend time with their families are much less likely to get into trouble, use drugs or abuse alcohol, and they do better in school,” First Lady Mead said. “When I visit with children about what they enjoy doing, spending time with their families is always at the top of the list,” she said. “I encourage families to share a meal, try these fun activities and enjoy great conversation on September 23rd and throughout the year.”

Wyoming First Lady's Family Night is sponsored by WHMI Strong Families Strong Wyoming, Wyoming's First Lady Honorable Carol Mead, Wyo Quality Counts brought to you by Wyoming Workforce Services, Wyoming Department of Family Services, and WyoCare.. “We are excited to have these Wyoming sponsors on board this year,” said Wyoming First Lady's Family Night coordinator Bailey Stanfield. “Spending time together sharing a meal on Family Night and throughout the year promotes family togetherness, open communication, understanding, cooperation and family fun time,” she said. “And time with family is what this is all about.”

First Lady Mead has been committed to strengthening Wyoming families and encouraging them to spend time together. “Even something as simple as eating dinner as a family supports Wyoming's children in making healthy lifestyle choices,” First Lady Mead said.

This marks the thirteenth year Family Day is celebrated across the country, through the sponsorship of the National Center on Addiction and Substance Abuse (CASA), and this will be the ninth Wyoming First Lady's Family Night.

For additional information about Family Day, visit www.CASAFamilyDay.org. For information on Wyoming's First Lady's Family Night visit <http://www.wyofams.org/familynight/htm> or call 307-514-4450.