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## Press Bullet Points for Wyoming First Lady's Family Night:

- Date: September 23, 2013
- Created in 2001 by: CASAColumbia, [www.casafamilyday.org](http://www.casafamilyday.org)
- Wyoming sponsoring WFLFN since 2005 (9 years)
- Current Wyoming sponsors:
  - WHMI Strong Families Strong Wyoming, [www.wyofams.org](http://www.wyofams.org)
  - First Lady Hon. Carol Mead
  - Wyo Quality Counts brought to you by Wyoming Workforce Services
  - Wyoming Department of Family Services
  - WyoCare
- Disseminating Family Night cookbooks to all Wyoming fourth grade teachers for use in their classrooms and to send home with students to enjoy healthy recipes and activities together.
- Sending three more inserts to the Family Night cookbooks via email and downloadable from our website to all Wyoming fourth grade teachers for use in their classrooms throughout the year.
- Cookbooks can also be downloaded from the Family Night website at [www.wyofams.org/familynight.htm](http://www.wyofams.org/familynight.htm)
- First Lady Carol Mead will join one of Cheyenne's Title 1 elementary schools fourth grade classes (Pioneer Park Elementary) on September 23<sup>rd</sup> to talk about the importance of having dinner together and to pass out gift cards to help purchase ingredients to make one of the healthy recipes in the cookbook.

**Project Goal:** To strengthen Wyoming's most important assets...its families, by:

- Promoting family meals and encouraging families to take the first step by spending time together sharing a meal on Family Night and throughout the year;
- Promoting family togetherness, open communication, understanding, cooperation and family fun time (quality time);
- Providing families with a Family Night cookbook filled with family friendly recipes and activities for families to complete together, as well as communication tips.