

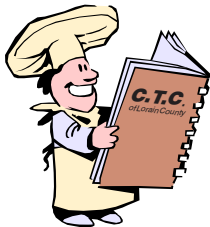
CREATING A RECIPE FOR SUCCESS

Complete the Census 2010 – representation and even program funding are based on population.

Write, e-mail or phone your local legislators and policy makers (city/village/township or county officials; state representatives and Congress, our President) about substance abuse issues and the importance of creating positive community change: Elected leaders pay attention to the volume of constituent contacts. So speak up!

Write a letter to the editor, your school newsletter, your community/school web page, blog. Voice your opinion.

Have dinner with your kids. Invite neighbors and make a new recipe together. Check out our recipe on the back; for more information go to www.casafamilyday.org



Hold a family meeting. It's a great way to share concerns, calendars, and create local change starting at your family table.

Don't allow underage alcohol consumption in your own home; partner with parents, businesses, agencies to ensure a wealth of alcohol-free activities, parties, events are available in our communities.

Collaborate with others to review ways to reward youth for positive behaviors. (Remember it's not only about focusing in on the negative.) Check out the Search Institute's 40 Developmental Assets: www.search-institute.org

Serve as a positive role model by not drinking excessively and reviewing your own standards. Seek professional help, if needed.

"One Hundred Years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in my bank account, nor what my clothes looked like. But the world may be a litter better because I was important in the life of a child"

– author unknown

Chicken Broccoli and Rice Bake

Frequent Family Dinners Make A Difference!

INGREDIENTS

- 1 (10.75 oz.) can condensed cream of chicken soup
- 3 or 4 chicken breasts, cooked and cut up
- 2 cups cooked rice
- 1/2 (14 oz.) bag frozen broccoli florets
- 1 (8 oz.) container light sour cream
- 1/2 cup low-fat or fat-free milk
- 4 to 6 ounces reduced-fat cheddar cheese, shredded

Yields: 6 servings
Serve with: Tossed Salad
Whole Wheat Dinner Rolls

DIRECTIONS

1. Heat oven to 325 degrees. Lightly spray a 13x19 inch baking pan with cooking spray.
2. Combine all ingredients in a large mixing bowl; turn into prepared baking pan.
3. Bake, uncovered, for 45 to 60 minutes, or until heated through and bubbly.