

## Make Meals Together

With a little ingenuity, patience and flexibility, family cooking can help kids of all ages develop a sense of creativity, responsibility and confidence.

- Introduce new cuisines and cultures with recipes, music and table setting ideas.
- Kids are inspired by what they see. Let them pick out fresh items that spark their interest.
- Even little kids can participate in the kitchen. Give everyone a job whether it's kneading dough or measuring and peeling.
- Start by making the dinner table a fun place to eat. Turn off the television; play music, making sure to include everyone's favorites.

## Pledge To Become A Family Day STAR!

Make the commitment to talk to your kids about drugs and alcohol as you take a seat and share a meal on Family Day.

**S** – Spend time with your kids by having dinner together.

**T** – Talk to them about their friends, interests and the dangers of drugs and alcohol.

**A** – Answer their questions and listen to what they say.

**R** – Recognize that you have the power to help keep your kids substance-free!

**Family Day**

## Meet Our Judges For Schnucks Family Meal Recipe Contest!



**Kathy Gottsacker**  
*Director of Food Education & Culinary Arts*

Kathy heads up a department created to enhance the overall food experience of our customers and associates through educational columns, the Schnucks Cooks recipe program and more. Before she joined Schnucks, Kathy ran her own cooking school in San Antonio. Then, she started and managed a cooking school for an upscale, fresh-market retailer.



**Rosanne Toroian**  
*Food Editor & Information Specialist*

Rosanne collaborates with our chefs to create recipes for our weekly ads, Schnucks Cooks and Meal Creations home meal solutions. Plus, she develops educational materials for customers and associates. Rosanne joined the Schnucks team after her tenure at *Good Housekeeping* in New York where she developed healthy, quick and reliable recipes.



**Scott Drake**  
*Manager of Prepared Foods*

Scott is in charge of our Prepared Foods Department where he creates original dishes based on many of his tried-and-true secret recipes. He earned a Cordon Bleu degree from the Tante Marie School of Cookery in England. He joined Schnucks after 14 years running his own catering company in St. Louis.

**Schnucks**<sup>®</sup>

**Family Day**

*A day to eat dinner with your children™*

**Make A Dinner Date With Your Kids  
Monday, September 22**

**Share your favorite recipe with us –  
and you could win**

***\$1,000 Free Groceries!***

**See inside for details.**



The National Center on  
Addiction and Substance Abuse  
at Columbia University