



NEWS RELEASE

Defense Commissary Agency

Corporate Communication

1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

Release Number: 86-10
Date: September 13, 2010
Contact: Tammy Reed, Marketing and Mass Communication Specialist
Tel.: (804) 734-8000, Ext. 8-6115
E-mail: tammy.reed@deca.mil

Military commissaries make it easier for families to eat dinner together

*By Tammy Reed,
DeCA marketing and mass communication specialist*

FORT LEE, Va. – Fort Lee Commissary shopper Sgt. 1st Class Angela Delaney has four children from ages 5 through 16. She eats dinner with them every night, during which they play and talk and joke around, keeping her family close together.

Sept. 27, the Defense Commissary Agency celebrates the Center on Addiction and Substance Abuse’s “Family Day – A Day to Eat Dinner with Your Children,” which is a national effort that encourages parents to eat dinner with their children as a simple, effective way to reduce substance abuse by their offspring.

“If I could wave a magic wand to make a dent in our nation’s substance-abuse problem, I would make sure that every child in America had dinner with his or her parents at least five times a week,” said Joseph A. Califano Jr., chairman and president of the National CASA.

Delaney said, “I do believe that eating together helps keep my children away from drugs, as my children talk to me about different things during dinner. That’s when they usually tell everyone’s secrets.”

Delaney is someone who CASA and the Defense Commissary Agency would call a “STAR” when it comes to celebrating Family Day, every day.

CASA encourages all military parents to be STARS by doing the following:

- **Spend time** with their children by having dinner together,
- **Talk** to them about their day,

- **Answer** any questions, and
- **Recognize** that they have the power to help their children stay substance free.

DeCA Acting Director and CEO Thomas E. Milks said military commissaries look forward to celebrating Family Day with as many STARS as possible.

“Shopping at the commissary provides our military and their families many opportunities to cook at home and be together,” he added. “DeCA makes it easy for our customers to eat dinner with their families every day, as we provide commissary recipe cards and healthy eating tips, as well as an average of 30 percent or more savings on all their purchases.”

The commissary is also collaborating with Family Day national sponsor, The Coca-Cola Company, to produce special recipe cards to further help moms and dads make dinner from scratch – a healthier option than fast food and restaurant fare.

For more information on becoming a Family Day STAR, visit the official website at <http://www.CASAFamilyDay.org>. You can also visit <http://www.commissaries.com> for ways to save even more than 30 percent when you shop at your local commissary. With the savings on your food, as well as the shopping tips, it’s even easier to make eating dinner with your family an everyday affair.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*