

# The Dinner Table Project

April 2021

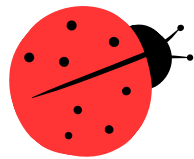
A program for families to eat together, have fun, and grow closer through conversation.



## Questions to ask everyday...

- What did you learn today?
- What are 3 things you are thankful for?
- How did you make someone smile today?

HELLO Spring



## Conversation Starters

- How do we treat people who are different from us?
  - How can we show appreciation?
- What is something you would like to do outside when it gets warm?
- What is your favorite way to stay connected with family when they aren't close?

## Oven-Baked Chicken Fajitas

- 1 large onion
- 1 medium red bell pepper
- 1 lb boneless skinless chicken breasts
- 1 package (1 oz) fajita seasoning mix
- 2 tablespoons vegetable oil

- Tortillas for soft tacos & fajitas
- Sour Cream
- Thick 'n Chunky salsa
- Chopped fresh cilantro

Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cut onion and bell pepper into even slices; place in baking dish. Cut chicken breasts into thin strips; add to vegetables in dish. Sprinkle with seasoning mix; drizzle with oil. Stir until combined and pieces are coated. Bake 35 to 40 minutes, stirring once halfway through baking, until chicken is no longer pink in center. Spoon small amount of chicken and veggies onto each tortilla. Top each with sour cream, salsa and cilantro, or your favorite fajita toppings.



## Got Jokes?

What do you call a dog that goes to church?  
A prayer-y dog!  
Elijah, Christian County



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS

The Dinner  
Table Project



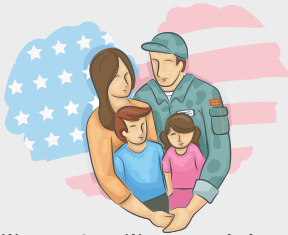
## Make Seed Paper!



Gather a large amount of recyclable paper and tear it into small pieces. Fill your blender half full with the paper. Pour warm water into the blender until the fill line. Blend the mixture into a pulp. Then stir in seeds and strain. Spread the pulp thin on a cookie sheet and allow to dry. You can use this paper to make cards to send to family, or write notes and then plant in the garden.



**Earth Day**  
**April 22, 2021**



## Military Child Appreciation Month



Our military families work hard to keep connected during deployment and to build bonds when they are together. DTP talked with some military kids about some of their favorite ways to stay connected!

### - What's your favorite way to talk to your dad when he's deployed?

Our puppy stuffed animals dad can send messages to (cloud pets) or Facebook video chats.

### - What's your favorite thing to do when dad is home?

Play outside, finding turtles and wrestling.

### - What's a new tradition your family could start to make you feel more connected?

Having a clock with dad's time zone and hanging more pictures up!

### - What is something your mom does to make you feel safe?

She makes a point to do fun things!

### - What about your family makes you proud?

We always stick together!



The Biggers, Graves County

## Purple Up!

Wear purple on April 17th as a way to show support for our military families!

### A Dab of Vocab

#### Appreciation

the recognition and enjoyment of the good qualities of someone or something. To value or respect someone or something.



## Autism Awareness



April is Autism Awareness Month! This is a great time to talk to our young people about how our differences make the world beautiful. Help your young person see how they are similar, too.



[thedinnertableproject.org](http://thedinnertableproject.org)

