

The Dinner Table Project

Did you know when kids eat meals with their loved ones regularly it can help them to stay out of trouble and do better in school?

Welcome to The Dinner Table Project. The free monthly newsletter makes it easy for you and the ones you love to enjoy each other's company around your dinner table!

EACH NEWSLETTER CONTAINS...

- ✓ recipes
- ✓ tips to help your kids succeed
- ✓ conversation starters
- ✓ table games

THE ONLY THING MISSING IS YOU!



www.thedinnertableproject.org
#kydinnertableproject