

The Dinner Table Project

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



Winter is a wonderful time to give back to others! Donate to a food drive, volunteer to walk dogs at a shelter, or write letters to deployed soldiers.



Conversation Starters

- How do you stand for what you believe in?
- What kinds of support do your friends offer you?
- Who taught you how to take care of yourself?

Taco Macaroni & Cheese

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| 1 lb ground beef | 12 oz uncooked large elbow pasta |
| 1 medium onion, diced | 3 cups chicken broth |
| 2 tsp minced garlic | 1 can of Rotel (tomatoes with green chiles) |
| 1 pkg taco seasoning | salt & pepper to taste |

In a large pot or skillet over medium-high heat break up ground beef and cook until no longer pink. Drain if needed. Add in diced onion. Cook until onions are soft. Add in garlic and cook for 30 seconds while stirring. Stir in taco seasoning, tomatoes with green chiles, and chicken broth. Season with salt & pepper if needed. Over high heat, bring mixture to a boil. Stir in pasta. Lower heat to a low setting, place lid on and cook for 12-15 minutes until pasta is cooked through and tender, stirring occasionally. Add more broth or water if needed. When the pasta is done, stir in shredded cheese. Garnish with your favorite taco toppings

Decorate Your Own Holiday Cookies!



Questions to Ask Everyday

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

No Snow? No Problem!

Have an indoor family "snowball" fight with rolled up socks or wadded up scrap paper.



Winter Fun Checklist

- Make salt dough ornaments
- Go on a winter nature walk
- Make homemade hot chocolate
- Build a snowman or snow angel
- Stay in pj's all day
- Have a game night
- Donate toys
- Make paper snowflakes
- Send a handwritten letter to a friend
- Decorate a gingerbread house



Protective Factor: Concrete Supports in Times of Need

Conversations for parents and caregivers to keep your family strong:

- How do you stretch a dollar when planning meals for your family?
- How do you ensure the physical health and well-being of your family?
- What are three supports you turn to in times of need?
- How do you show support to others but make sure boundaries are kept?



Kentucky Strengthening Families (KYSF) represents a multi-disciplinary partnership of more than 20 national, state and local, and public and private organizations dedicated to embedding six research-based Protective Factors into services and supports for children and their families.

Did You Know?

Even though it is cold out already, the first official day of Winter isn't until December 21!



Scan this code with your phone to sign up to receive the digital DTP newsletter and mid-month minis in your email inbox!



DTP...On The Go!

December is a hectic month for parents and children. There are multiple bonding activities that family members can participate in while traveling. One idea is to find your family's favorite holiday tunes that everyone can sing along to. Everyone can also share personal thoughts/feelings about events from the past year, things they are grateful for, or future goals.



dinnertableproject.org

