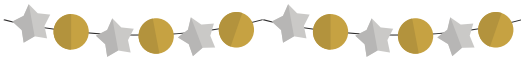


# The Dinner Table Project

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

January 2021

## Conversation Starters

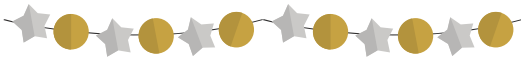


Do you have a good or bad feeling  
about 2021? Why?

What are you looking forward to most  
this year?

Did you set a New Year's goal or make  
a resolution?

What is one new thing you would like  
to start as a family this year?



## Mushroom Porkchops

1 tbs Vegetable Oil

1 Can Campbells

4 Bone in Pork Chops

Cream Mushroom Soup

1/4 Cup Water

Heat the oil in a 10-inch skillet over medium-high heat.

Add the pork and cook until well browned on both  
sides. Stir the soup and water in the skillet and heat to a  
boil. Reduce the heat to low. Cover and cook for 10  
minutes or until the pork is cooked through.

## Questions to ask everyday!

What are 3 things you are  
thankful for today?

What did you learn today?

How did you make  
someone smile today?

## Did you know...

The NYC Ball  
weighs about the  
same as 3 pick up  
trucks! That's  
11,875 pounds!



POSITIVE  
VIBES

Eating pork on New  
Year's Day is said to bring  
positivity in the coming  
year! Pair your porkchops  
with a noodle side to  
celebrate a long life!

Happy New Year!



KENTUCKY  
REGIONAL  
PREVENTION  
CENTERS

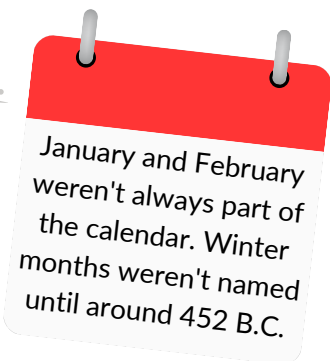
The Dinner  
Table Project





## Create a Gratitude Jar

Starting in January, have family members write down any time they are grateful on a piece of paper. Place the strip of paper in a jar and read every piece out loud on New Year's Eve.



## Did you know...

January's full moon is called "the wolf moon" because people say they can hear wolves howling at it more often than other months!



## Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: [www.search-institute.org](http://www.search-institute.org)!

## Internal Asset Personal Power

Young person feels they have control over what happens to them.  
Tip: At this time of year, work with your young person about setting goals for this year.

## External Asset Family Support

Young person feels they a high level of family support and love.  
Tip: Ask your young person how the family can best support them in reaching their new goals.



## Start a Family Vision Board

Where would you like to see your family in a year? Do you have goals you want to meet as a family? Use poster board, magazines, markers, and other crafting materials to make a visual of your families 2021 goals!

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

