

The Dinner Table Project

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

March 2021

Conversation Starters

Do you believe in luck?

What is your favorite color?

Have you ever found a four leaf clover?

What is the luckiest thing that has ever happened to you?



Questions to Ask Everyday!

What did you learn today?

What are 3 things you are thankful for?

How did you make someone smile today?

Crock-pot Vegetable Soup

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|----------------------------------|------------------------------------|
| 3 potatoes cubed | 1(14.5oz) can green beans, drained |
| 1/2 large onion chopped | 1 tbs minced garlic |
| 1 (28 oz) can diced tomatoes | 2 bay leaves |
| 1 (14.5 oz) can carrots, drained | 1/2 tsp oregano |
| 1 (15.25 oz) can corn, drained | 1/2 tsp thyme |
| 1 (32 oz) vegetable broth | salt and pepper to taste |

Place all ingredients in your slow cooker insert. Stir well to combine. Cover and cook on low for 5-6 hours, or until potatoes are tender. Discard bay leaves before serving.



Ayden from McCracken County enjoying the snow.

St. Patrick's Minute to Win it!

Pour Lucky Charms into a bowl for each young person at the table. Set a timer for one minute. During the one minute, see who can get the most marshmallows out of their cereal! To make the game more challenging, try using different utensils such as spoons, chop sticks, or tweezers!



Did you know...

March is still a winter month even though the first day of spring is March 20th.



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!

External Asset

Family Boundaries

Families have clear rules and consequences.

Tip: Have regular family meetings. This is a great way to talk about what you expect from your young people.

Internal Asset

Resistance Skills

Young people can resist negative peer pressure and dangerous situations. Tip: Talk with your young people about how they can say "no" in tough situations.



Let's talk about it...

winter is a great time to talk to our young people about differences. While no two snow flakes are alike, it takes snow flakes of all shapes and sizes to make a fun snow day! Just like it takes people of all shapes, sizes, color and ability to make up the world.

How many did you find?

There are four leaf clovers hidden in the newsletter that look like this!

Did you find them all?

Answer: 7



Do you want to be in DTP?

Send us your recipes, jokes, or photos for a chance to be featured in the newsletter or on social media!

E-mail us at kydinnertableproject@gmail.com

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