

# The Dinner Table Project

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

## Conversation Starters

What's your favorite moment of the day?

Who in your family does the wackiest things?

What's one wish that you would like to fulfill for someone you know?

Would you rather be an athlete or coach?



## Strawberry Spinach Smoothie

- 2 cups frozen strawberries
- 1/2 cup milk
- 3/4 cup fresh spinach
- 1 cup ice
- 1 container vanilla yogurt

Place all ingredients into your blender. Blend on high until thoroughly combined and smooth. Do not over mix though as it can make the mixture runny. Pour into a glass and enjoy!

## Did You Know?

The soil in Kentucky is ideal for home gardening.

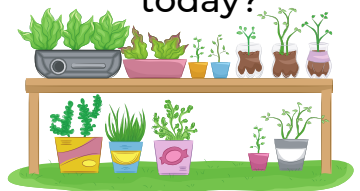


## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



What kind of garden does a baker have?

Answer: A "flour" garden.



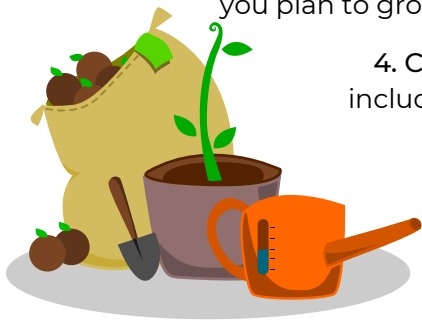
# Gardens Can Grow Anywhere!



Container gardens and raised beds can be perfect places to grow food and flowers, even if you don't have a lot of space. Rooftops, balconies, and windowsills can be wonderful spaces to start your own small garden. Here are a few basic steps to getting your raised bed or container garden started:



1. **Choosing a Location.** The area will need at least 4–6 hours of sunlight on most days. Make sure there is a source of water nearby.
2. **Selecting Materials.** Your container or bed should be at least 3 feet deep so you can grow plants with moderate root extension. Make sure there is a way to allow water to drain out of the container.
3. **Selecting Soil.** Mix in compost or apply a fertilizer to the soil that is appropriate for the types of plants you plan to grow. If the soil is dense, add some sand or rice hulls to improve drainage.
4. **Choosing Plants for the Garden.** Plants that grow well in containers include cherry tomatoes, green beans, lettuce, peppers, radishes, spinach, peas, and zucchini squash.



Visit <https://www.kyreadysetgrow.org> for more details on making your own raised bed or container garden.



## 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)!



## External Asset: High Expectations

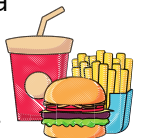
Creating high expectations of your child can be achieved by setting goals together and praising accomplishments. Have your child set achievable goals, like making an A on their next math test. When the goal is achieved allow input from your child as what they would like their reward to be.

## Internal Asset: Cultural Competence

Increase your child's cultural competence by welcoming differences. This can be done by discussing your own culture with your child, as well as highlighting differences amongst other cultures. Help your child understand that differences are positive things and make us who we are. Find ways to incorporate cultural differences in your child's everyday life by watching movies about people who do not look like them or even by having them help you cook a dish for dinner from another country.

## DTP...On The Go!

Summer sports and activities are in full swing, making it harder to sit down together for a family meal. If dinner around the table isn't possible because you're on the go, try maximizing your time together in the vehicle. Turn off the radio and put the phones and electronics down and spend a few minutes sharing about each of your days. Even if your dinner is fast food, your family can use the time to stay connected during this busy season.



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

