

The Dinner Table Project

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

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?



Conversation Starters



What do you do to keep yourself positive?

Where do you get your strength from?

How do you help others?



Did You Know?

Forty-eight percent of Kentucky is forestland. That's 12.4 million acres of forests!



Beef & Tater Bake

4 cups frozen Tater Tots	1/3 cup 2% milk
1 pound ground beef	1 package (16 oz) frozen chopped broccoli, thawed
1/4 teaspoon garlic powder	1 can (2.8 oz) french-fried onions, divided
1/8 teaspoon pepper	1 cup shredded Colby-Monterey Jack cheese, divided
1 can (10-3/4 ounces) condensed cream of broccoli soup	1 medium tomato, chopped

Preheat oven to 400°. Spread Tater Tots evenly in an ungreased 13x9-in. baking dish. Bake, uncovered, 10 minutes. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink, 5-7 minutes; crumble meat; drain. Stir in seasonings, soup, milk, broccoli, 3/4 cup onions, 1/2 cup cheese and tomato; heat through. Pour over potatoes.

Bake, covered, 20 minutes. Sprinkle with the remaining onions and cheese. Bake, uncovered, until cheese is melted, 5-10 minutes.

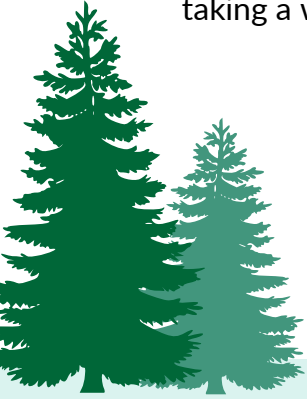


Ideas For Family Fun In November



Turkey Trot

On Thanksgiving morning gather friends, family, and neighbors and get some exercise in before dinner by taking a walk together.

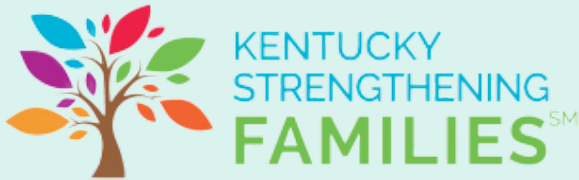
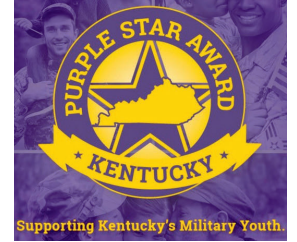


Spread Kindness

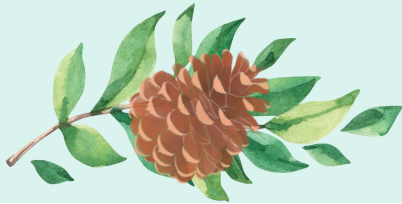
Make and leave kind notes together. Using sticky notes or small pieces of paper, write encouraging or thankful messages to place in and around your neighborhood and/or school.

National Military Family Month

This month set aside time to recognize and thank military families. Make a card for a military family you know, fly an American Flag in your yard, or ask someone in the military about their service! If you are part of a military family, ask your school counselor about applying for the Kentucky Purple Star Award.



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.



Protective Factor: Parental Resilience

Conversations for parents and caregivers to keep your family strong:

- What do you need to do to take better care of yourself?
- How do you recognize when there is too much stress in your life, and what do you do about it?
- How do you accommodate your child(ren)'s developing taste buds without being a short-order cook?
- What do you do to blow off steam when you are overwhelmed as a parent?



Joke Time!

Why do birds fly south in the Fall?

Because it's too far to walk!



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DTP...On The Go!



Many families may travel long distances to visit other family members during the holidays. Asking random questions while in the car is a great activity to help family members bond and connect. It starts with the first person asking a random question such as, "What is the weirdest thing you've ever eaten?" It may take some clever thinking to come up with new humorous questions that will make everyone laugh.



dinnertableproject.org

