

The Dinner Table Project

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

October 2021

Conversation Starters

What is your favorite treat?

What are some good ways to stay safe in public?

Do you have a favorite character from a book or movie?

Questions to ask everyday...

What did you learn today?

What are 3 things you're thankful for?

How did you make someone smile today?

Mac and Cheese Jack-o-lanterns

Kosher salt

6 medium orange bell peppers

8 ounces elbow macaroni

1 1/4 cups half-and-half

8 ounces cream cheese, at room temperature

4 ounces mild Cheddar, shredded

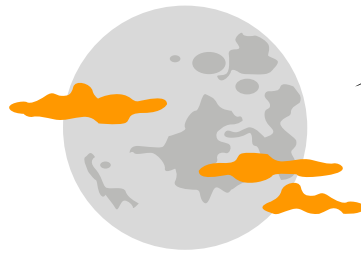
Bring a large pot of water to a boil. Fill a large bowl with ice water. Cut the tops off the peppers and reserve. Remove the seeds and membranes. Put the peppers and the tops in the boiling water and cook until tender. Plunge the peppers into the ice bath. Once cool, remove them and use a sharp knife to carve a jack-o-lantern face into one side of each pepper. Return the water to a boil, add the macaroni and cook until al dente. Reserve 1 cup of the pasta water and drain (don't rinse the pasta). Heat the half-and-half in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until reduced to about 3/4 cup. Add the cream cheese and stir until melted. Whisk in the Cheddar until all the cheese is melted and the sauce is smooth. Off the heat, add the macaroni to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Let sit for 10 minutes, then divide the mac and cheese among the peppers and cap each with a pepper top.



Mummy Sack Race

Simply wrap white crepe streamers around their legs and have a mummified gunny-sack race! They have to cross the finish line, keep their wrappings on and not tear them through to win!

The night sky is much clearer in October so it is the perfect time to go stargazing.



Did you know...

There are 2 meteor showers during October this year!

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!

Internal Asset

Personal Power

Young people have a feeling they control what happens in their life.

Tip: Offer your young person 2-3 choices during decision times.

"Would you like a bath before or after screen time?"

External Asset

Creative Activities

Young person spends 3 or more hours a week in practice for music, theatre or arts.

Tip: Talk with your young person about joining the school choir or theatre team.



Halloween Safety Tips

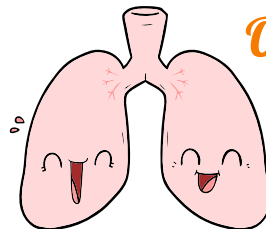
It's all about the eyes!

- Phones down, eyes up!
- Make eye contact with drivers before crossing the street.
- Have kids carry glow sticks so drivers can see everyone.



Did you know...

October 13th is National Fossil Day!



October is Healthy Lungs Month

Talk with your young person about how to keep their lungs healthy with exercise and avoiding nicotine products!



thedinnertableproject.org