

The Dinner Table Project

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

SUNRISE GRANOLA



- Nonstick spray
- 2 tablespoons + 1 teaspoon butter
- 1 cup chopped pecans
- 1/3 cup light brown sugar
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1/4 cup unsweetened coconut flakes (optional)
- 1/2 cup unsalted sunflower seeds (optional)

1. Preheat oven to 325.
2. Prepare baking sheet with nonstick spray or line with parchment paper.
3. In a small saucepan, melt butter over low heat. Add chopped pecans and increase heat to medium, stirring often for 3 minutes or until pecans are lightly toasted. Add brown sugar, reduce heat to low and stir until melted. Remove from heat and stir in vanilla extract.
4. In a large bowl, combine oats, coconut and sunflower seeds. Add sugar mixture and toss until oats are evenly coated.
5. Spread granola evenly on prepared cookie sheet. Place in oven on middle rack and bake for 15 minutes. Remove from oven and stir. Bake for another 6 minutes or until golden brown.

CONVERSATION STARTERS

- What nicknames have you been called?
- Who's your personal hero?
- What's the nicest thing you've seen one person do for another?

QUESTIONS TO ASK EVERYDAY

- What are three things for which you are thankful for?
- What did you learn today?
- How did you make someone smile today?



MAKE YOUR OWN BIRD FEEDER

Materials:

- Popsicle Sticks
- Glue
- String or piece of wire
- Paint or decorations

Directions:

- Layer the popsicle sticks with glue to form a box. Leave space for the door and windows.
- Next, make a triangle shape for the roof of the birdhouse
- Attach the triangle to the top of the box with glue
- Paint and decorate the popsicle sticks
- Use the string or wire to attach the house to a tree or a window

DEVELOPMENTAL RELATIONSHIPS

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

Provide Support Empower

Tips:

- Give them a choice
- Listen to them
- Encourage children to problem solve

DTP... ON THE GO!

It's finally starting to get warmer! This is a great time for families to start to spend time outside together. There are a variety of things that families could do together during this month like have a picnic, take a hike, do a scavenger hunt, plant some seeds, or plant a garden.



Help us improve our newsletters by completing this quick survey!



dinnertableproject.org

