

# The Dinner Table Project

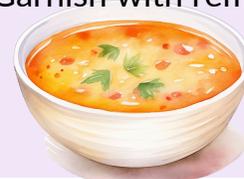
A program to encourage families to eat together, have fun, and grow closer through conversation.



## Streamlined Minestrone Soup

- 1 14-ounce can italian-style stewed tomatoes, chopped
- 1 14-ounce can reduced-sodium beef broth
- 1 cup frozen vegetable mixture
- 1 cup small shell-shaped pasta or elbow macaroni
- 1 pound lean ground beef
- 3 tablespoons parmesan cheese
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground pepper

- Combine tomatoes, beef broth, vegetables and pasta in a 2-quart saucepan. Bring to a boil.
- Reduce heat to medium and cook until pasta is tender, stirring occasionally.
- Mix ground beef, 2 tablespoons of parmesan cheese, garlic powder and ground pepper thoroughly.
- Make 24 1-inch meatballs.
- Arrange in a single layer in a microwave-safe baking dish. Cover tightly with plastic wrap. Vent one corner.
- Microwave on high setting for 3-4 minutes. Turn after 2 minutes. When done, the inside of the meatballs will be 160F and will no longer be pink,
- Combine meatballs and hot tomato mixture. Stir.
- Cover and let stand for 5 minutes. Garnish with remaining Parmesan cheese.



Servings: 6 Serving Size: 1.5 cups

## Conversation Starters

- What 3 words best describe you?
- What do you like to do when you hangout with friends?
- If you opened a business, what kind of business would it be?
- What is your favorite musician or song?

## 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?

# Create a family bucketlist:

Let everyone share their top pick for an activity they'd like to do together during the upcoming year.

You'll come up with your own list of great options!



# 2025



## 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.

## Express Care - Be dependable, be someone I can trust.

- Ask open-ended questions
- Give specific encouragement
- Show your child that you're trustworthy too (and recognize when you make a mistake).
- Give your child opportunities to be independent.
- In good times, and bad, be on their team.

## DTP...On The Go!

Happy New Year everyone! The new year brings about a fresh new start for many individuals whose goals may include eating healthier or participating in some type of exercise. Families can work on supporting one another in adopting a healthier lifestyle when traveling or at home. If on the go, families can discuss the difference between healthy and unhealthy food choices when eating in a restaurant. Caregivers can also assist younger family members with prepping healthy meals to take on the go. Exercise can be especially challenging during the winter months. Families can participate in fun activities that promote family bonding and physical activities. One example of an inside activity is a family dance contest from different eras in history. YouTube videos may help families practice some of the most popular dance moves from each era.



Check out Operation Parent for more tips and resources!



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

