

The Dinner Table Project

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

Chinese Fried Rice



- 2 cups brown rice
- ¼ cup oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon ground ginger
- ½ cup carrots, chopped
- 1 zucchini, sliced
- ½ cup frozen peas
- 1 egg plus 1 egg white, beaten
- ¼ cup low-sodium soy sauce

Cook the rice according to package directions. Set aside. In a large skillet, heat oil. Add the onion, garlic, ginger, carrots, zucchini and peas. Cook until the vegetables are tender, about 5 minutes. Remove the skillet from the heat and put the vegetable mixture into a large bowl. Add the beaten eggs to the skillet, and cook eggs until scrambled. Add eggs to mixed vegetables. Put the cooked rice in the skillet, and stir while reheating. Add the soy sauce to the rice, and add vegetables and egg mixture to the skillet with rice. Stir until heated through. Note: Add cooked chicken to make a one pot meal

Servings: 6 Serving Size: 2/3 cup

Conversation Starters

What's one cherished memory from any family gathering that always makes you smile?

If you could teleport anywhere for a day, where would you go and why?

If you could give your younger self one piece of advice, what would it be?



September 12 is National Chocolate Milkshake Day. How are you going to celebrate?

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?

Search Institute Developmental Relationships Framework

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

Show me that I matter to you.
Be dependable—Be someone I can trust.
Listen—Really pay attention when we are together.
Believe in me—Make me feel known and valued.
Be warm—Show me you enjoy being with me.
Encourage—Praise me for my efforts and achievements.

Apple Pie Playdough

- 1 cup of flour
 - 1/2 cup of salt
 - 2 teaspoons of cream of tartar
 - 1 teaspoon apple pie spice
 - 1 cup of boiling water
 - 2 Tablespoons of vegetable oil
 - Red food coloring
- In a pot, boil 1 cup of water.
 - Mix flour, salt, cream of tartar, and apple pie spice in a bowl.
 - In a separate bowl, add oil and 4-6 drops of food coloring, mix well.
 - Pour the boiling water into the bowl with your flour and then add in the oil mixture.
 - Mix well until all ingredients are combined.
 - Knead together on parchment or wax paper to keep from sticking.
 - Store in an airtight container.

DTP On The Go!

Name that Famous Person is a great bonding activity that families can play while riding in the car. The game starts with the youngest family member secretly choosing a famous person - it can be a singer, superhero, cartoon character, actor, etc. Then they give clues to the other participants. Everyone is free to ask questions but not a specific name. Members of the family will then take turns choosing the famous person and giving clues. Whoever guesses the most famous people wins the game!



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