

The Dinner Table Project

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



Great Outdoors Quesadillas

- 4 (8-inch) whole wheat tortillas
- 1 cup reduced-fat shredded cheddar cheese
- 1 cup diced vegetables
- Non-stick cooking spray
- Salsa



1. Tear off four squares of heavy-duty aluminum foil and spray the shiny sides with cooking spray.
2. Place one tortilla on each square. Sprinkle ¼ cup cheese and ¼ cup vegetables on half of each tortilla. Fold tortilla in half.
3. Fold foil to make packets. Cook on a hot campfire, grill or tin can stove until the cheese is melted, 3 to 5 minutes, turning once. Or, to bake the quesadillas in the oven, preheat the oven to 375° F. Put the foil packets on a baking sheet and bake until warmed through and the cheese is melted, about 10 minutes.
4. Slice quesadillas into wedges and serve with salsa.

Servings:4 Serving Size:1 quesadilla

Conversation Starters



What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?



Did You Know?

More than 14 million children and adults attend camp each year in the U.S.

Questions to Ask Everyday



What are five things you hope to learn in the next five years?

If you had a parrot, what would you teach it to say?

If you had to have the hair of an animal, which animal would it be and why?



Ideas For Summer Family Fun

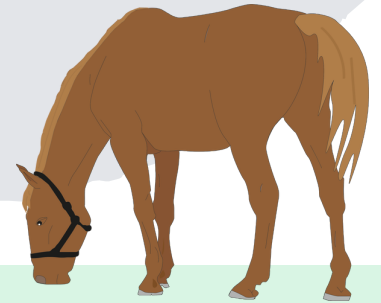
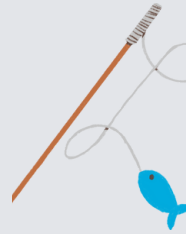
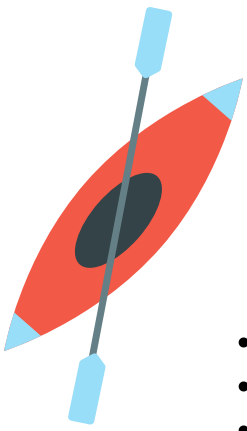
Kentucky State Park campgrounds are spread out across the state so you're not too far from being able to enjoy the outdoors!

Year-round Kentucky State Park Campgrounds:

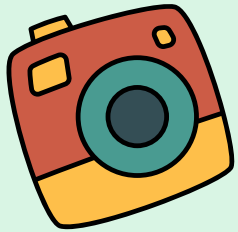
- Carter Caves State Resort Park
- Columbus Belmont State Park
- Fort Boonesborough State Park
- General Butler State Resort Park
- Greenbo Lake State Resort Park
- Lake Cumberland State Resort Park
- Nolin Lake State Park
- Paintsville Lake State Park
- Pennyrile Forest State Resort Park

State Park Fun:

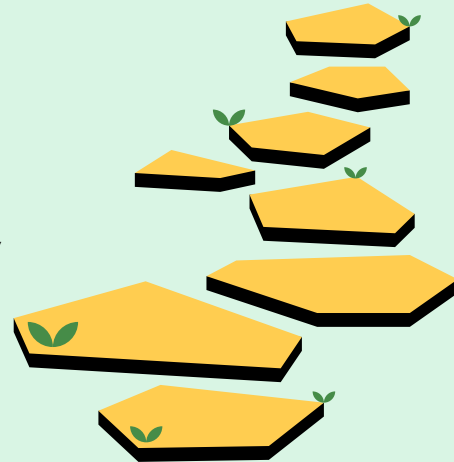
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|----------|-----------|
| Paddling | Museums |
| Caving | Swimming |
| Boating | Fishing |
| Birding | Mini Golf |
| Trails | Horses |



Summer Bucketlist



- | | |
|---------------------------|----------------------|
| ■ Go on a bike ride | ■ Blow bubbles |
| ■ Build a fort | ■ Plant flowers |
| ■ Make popsicles | ■ Make popsicles |
| ■ Pack a picnic | ■ Pack a picnic |
| ■ Take a hike | ■ Chalk the driveway |
| ■ Paint a picture | ■ Read a book |
| ■ Play a game of kickball | ■ Watch fireworks |
| ■ Eat corn on the cob | ■ Take a hike |



DTP...On The Go!

June is the beginning of summer break for youth and caregivers who work in the school systems. Don't take the newfound freedom for granted. Camping is a great way to decrease stress and encourage family bonding. There are a variety of different camping options available such as campsites, or better yet, camp in your own backyard! Parents may choose to grill out or put together individual campfire meals. After dinner, families can engage in fun activities such as playing music, singing a song together, telling stories, or star gazing.



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dinnertableproject.org

