

THE DINNER TABLE PROJECT

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

SEPTEMBER
2026



VEGGIE-PACKED PASTA

Ingredients:

- 2 cups dry whole pasta (penne or rotini)
- 2 ½ cups broth (vegetable or chicken)
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 small onion, diced
- 1 cup cherry tomatoes, halved
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ¼ tsp black pepper
- ½ cup shredded mozzarella

Directions:

1. In a large skillet, combine all ingredients except cheese.
2. Bring to a boil, reduce heat, cover, and simmer for 10–12 minutes until pasta is cooked.
3. Stir occasionally. Sprinkle cheese just before serving.



CONVERSATION STARTERS

- What's one **challenge** you overcame this week?
- Who made your day **better** today and how?
- What does being part of a **family** mean to you?
- If you could give **advice** to your younger self, what would it be?



THE SEPTEMBER 2026 DTP NEWSLETTER WAS DEVELOPED BY THE SEVEN COUNTIES REGIONAL PREVENTION CENTER.

QUESTIONS TO ASK EVERYDAY

- What did you **learn** today?
- What was your **favorite moment** of the day?
- Who **helped** you today, and how did it make you feel?



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DINNER DICE

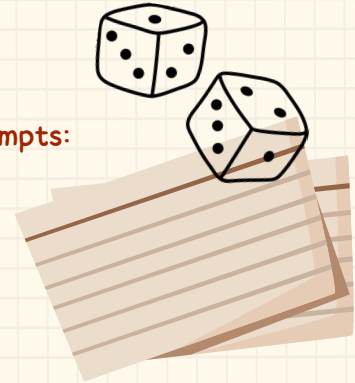
What You Need:

- A piece of paper or index cards
- A die

How to Play:

Roll the die at dinner and take turns responding to these or other prompts:

- Share your favorite memory.
- Tell a joke.
- Name one thing you're proud of.
- Give a compliment to someone at the table.
- Share a goal for the week.
- Everyone says one word to describe their day.



DEVELOPMENTAL RELATIONSHIPS

Family Boundaries



Families who set clear rules and consequences help children stay safe and make healthier decisions—including avoiding alcohol, tobacco, and other drugs.

Tips to strengthen this asset:

- Set consistent expectations (like no phone during meals).
- Talk about why certain rules exist (e.g., no underage drinking).
- Involve children in creating family agreements.



Help us improve our newsletters by completing this quick survey!

DTP ON THE GO...

Fall is a wonderful time for spending time outside as a family. Spend some time as a family to **rake the leaves, create huge piles and then take turns jumping into them.** Rake them up again and jump again. Take lots of pictures, eat fun snacks like peanut butter and apples. Spending some time outdoors as a family doesn't just benefit physical health, it helps build stronger emotional bonds and healthier habits. The shared sensory experiences help open up **conversation and strengthen developmental relationships.**



dinnertableproject.org

