



The Dinner Table Project

Unplug

Communicate

Encourage



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

Here are some exciting and fun ways that your school can integrate The Dinner Table Project into the classroom:

The Dinner Table Project Bulletin Board:

Encourage students to bring in photos of their families eating together and display them in a fun way! Try promoting involvement by offering clip ups or homework passes.

Box Projects:

Send The Dinner Table Project boxes home with your students, along with the monthly newsletter, as an assignment. This could be followed up by a writing prompt about their favorite part of eating at the table with their families!

Art Projects:

Take The Dinner Table Project to the art room. Allow the students to draw their families at the table. This could be a lot of fun depending on the style of art you're learning about!

Classroom Cookbooks:

Get your students and families familiar with the newsletter. Start a class project of creating your own cookbook. At the end of the project, each student will have a unique memory or their time in your classroom, and each family will have several new recipes to try! A template is available.

Here are some exciting and fun ways that your agency can integrate The Dinner Table Project into your programming:

Cooking Groups:

Each month, the newsletter features a new, easy recipe. If possible, work with families on creating this meal together and following the conversation prompts as they eat!

Boxes:

Have the boxes available on your tables. Just the reminder to disconnect from our devices and connect to our families. There are also conversation starters on the boxes themselves, so no newsletter has to be present.

Art Projects

Take The Dinner Table Project to the art room. Allow the students to draw their families at the table. This is also a great time to talk with kids about kitchen safety, portion size, or even what they want their own table to be like.

Cookbooks:

Start a project of creating your own cookbook. At the end of the project, each family will have a unique memory of their time in your care, and each family will have several new recipes to try! Whether they each contribute a recipe or recipes come from your own staff. A template is available.



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS

