

THE DINNER TABLE PROJECT

March 2016

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

Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, we introduce three new assets. Please go to our website at thedinnertableproject.com to view the full list.



Interpersonal Competence

It is important that your child seek to build friendships and is continuing to learn about self control.



TIP:

Encourage your child to play with someone new at recess!

Cultural Competence

It is important that your child learns about his or her own cultural identity and is encouraged to interact positively with children of different racial, ethnic, and cultural backgrounds.



TIP:

Have a themed dinner party with your cultural signature dishes- decorate your dining room for added fun!

Safety

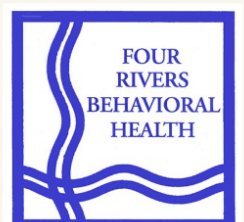
Parent(s), caregivers, teachers, neighbors, and the community take action to ensure children's health and safety.



TIP:

Make a fire safety plan with your family. Have a fire drill at home so your child is prepared in case of a fire.

For questions, please contact:
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Conversation Starters

What is the biggest way someone has made a difference in your life?

If you had an unlimited amount of money, what would you do with it? Why?

How do you feel about speaking in front of groups of people?

What careers interest you? Why?

Who is your hero? What makes that person your hero?

Table Games

Word Search Challenge

Before or after dinner, challenge your family to a word search competition. The person to find the most words in one minute, gets to pick out what's for dinner or dessert tomorrow!

Go to: thewordsearch.com to print or make your own word search!

Cookie Face!

After dinner, give each family member a cookie (chocolate chip, Oreo, etc.). Each person will start with a cookie on their forehead and will use their facial muscle to get it to their mouths. The first person to eat their cookie, wins!



Creamy Broccoli Chicken Shells & Cheese

You will need:

9 oz. large shell pasta, dry (3 1/4 cups)
1 lb. boneless skinless chicken breasts, cooked and shredded into small pieces
12 oz. broccoli florets, diced into small pieces (4 1/2 cups once diced)
2 1/2 Tbsp. butter
1/4 cup all-purpose flour
1/2 tsp. onion powder
1/4 tsp. garlic powder
Salt and ground black pepper
3 cups milk
6 oz. sharp cheddar cheese, shredded (1 1/2 cups)*
1 oz. parmesan cheese, finely shredded (1/3 cup)

Directions:

Boil pasta according to directions listed on package adding broccoli during last 3 - 4 minutes of boiling, drain well (reserve 1/4 cup pasta water, just in case you want to thin pasta sauce). Meanwhile, in a pot melt butter over medium heat then stir in flour. Cook mixture stirring constantly for 1 minute. While whisking vigorously, slowly add in milk, then season with onion powder, garlic powder and salt and pepper to taste. Increase heat to medium-high, cook mixture, stirring constantly until it boils and thickens. Remove from heat, allow to cool for 1 minute then add in cheddar and parmesan cheese and stir until melted. Add drained pasta and broccoli and chicken and toss to evenly coat. As it sits it will thicken, you can thin it with a few tbsp. pasta water if desired.

*If you want a stronger cheddar cheese flavor use 8 oz. You can also use extra sharp cheddar.

Recipe Source: Cooking Classy



Kick Butts Day is on March 16th!
Go to: www.kickbuttsday.org for activities and resources!