

The Dinner Table Project

January

2018

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

Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets. These building blocks help youth grow up healthy, caring, and responsible. Please visit our website to see the full list.

Personal Power

It is important that the child can make choices that give a sense of having some influence over things that happen in his or her life.

TIP: Include your child in decision-making. For example, let them choose what's for dinner one night or let them pick out their clothes for school.

Self-Esteem

It is important that the child likes her- or himself and has a growing sense of being valued by others.

TIP: Leave little compliments around the house for your little one to find like "you're awesome!" on a Post-It on the bathroom mirror.

Sense of Purpose

It is important that the child anticipates new opportunities, experiences, and milestones in growing up.

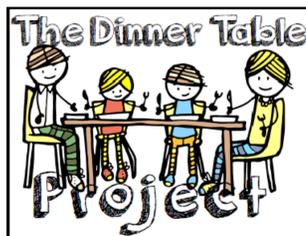
TIP: Give your child more responsibilities around the house as they get older. They'll look forward to a new year with new responsibilities!

HAPPY NEW YEAR!

It's a new year and the perfect time to set new goals. Make sure to include sitting down at the table and sharing a meal 3 or more times a week to your list of resolutions!

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Share more meals together!



Questions or comments? Contact:

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Conversation Starters

What is your New Year's resolution?

If you had to eat just one food for the rest of your life, what would it be?

If you could have any animal as a pet, what would it be?

What is one thing you want to accomplish in your lifetime?

If you could trade lives with anyone, who would it be?



Crockpot Garlic Alfredo Chicken

What you'll need:
-4 Boneless Skinless Chicken Breasts, thawed
-¼ tsp. Garlic Salt
-Two 15 oz. Jars Classico Roasted Garlic Alfredo Sauce (or your favorite Alfredo sauce)
-1 package Pasta (I used Bow Ties!)
-White Onion, thinly sliced (optional)

Directions:
Add chicken to crockpot, and sprinkle with garlic salt. Cook chicken in crockpot on HIGH for 3 hours or LOW for 6 hours (covered). After 3 hours on HIGH or 6 hours on LOW, drain juices from crockpot. Add Alfredo sauce (and optional onions), and pour over chicken. Cook on HIGH for 30 more minutes (covered), or until done. While chicken is finishing, prepare your pasta on the stove, per package instructions. Drain pasta, then top with chicken once it's finished cooking. YUM!

From:
<http://thefrugalgirls.com/2013/11/crockpot-garlic-alfredo-chicken-recipe.html>



Dinner Table Game

Associations

How many words and phrases that contain "dinner" can you think of? Try to name as many as you can! Examples include dinner table, dinner bread, and dinner bell. You can also play this game with "love," "kiss," "beauty", "heart", or "friend"!



Health

Why not make this year the year you quit smoking?

After only 12 hours of not smoking cigarettes, your blood oxygen levels rise to near normal levels.

Since the risk of heart attack is 70% higher for those who do not smoke, after 24 hours the risk of heart attack begins to decrease.

The sense of smell and taste rely on nerve endings. Smoking deadens these nerve endings. However, according to the Cleveland Clinic, these nerve endings begin to regrow within 48 hours of not smoking. This means that your sense of smell and taste will begin to increase, allowing you to experience more flavor and aromas.

Call 1-800-QUIT-NOW
or go to:
quitnowkentucky.org